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Planning suburban neighbourhoods

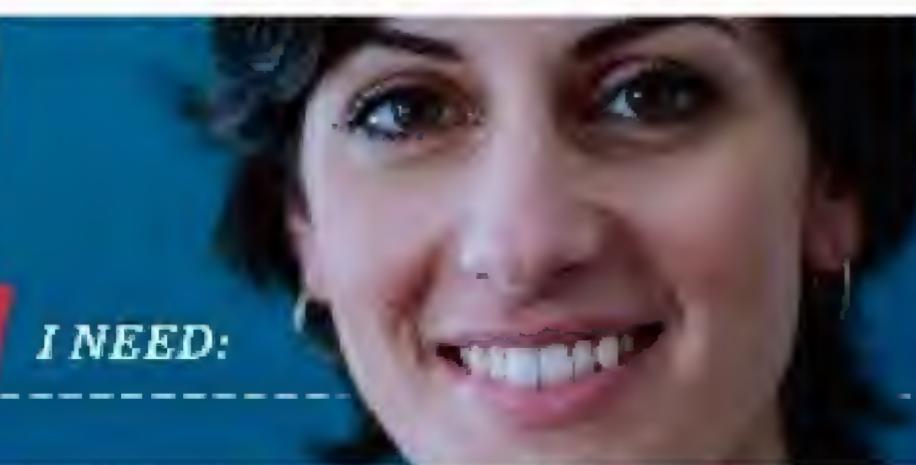
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Aerospace industry helps lift Winnipeg economy

Winnipeg financial district. iSTOCK

TRICKLEDOWN EFFECT

City's fortunes looking up as its investments drive growth

Shane Gibson

Winnipeg's economy is set to soar this year thanks to huge investments made in the city's advanced manufacturing sector — particularly the aerospace industry — according to Economic Development Winnipeg (EDW).

"One of the strongest indicators to get a sense of how your economy is growing is GDP growth, and we're tracking at about 2.5 per cent for this year.

That's fairly healthy in terms of how Winnipeg's economy has kind of stacked up year-over-year over the last five years," said Greg Dandewich, senior vice president of EDW. "What

that really says is there's more investment that's taking place in the market."

Dandewich said recent large investments made in the city — in particular expansions at Boeing and Magellan Aerospace, the new General Electric engine test facility at James Armstrong Richardson International, and a new \$50 million food processing project by Pannalat — have played a big role in the city's rosy economic forecast.

And those big investments lead to more opportunities for the smaller and often local companies that provide services to the larger companies, according to Dandewich.

"What you're seeing is these large companies starting to make strategic investments in the market and it has a trickle-down effect because it supports those tier one, tier two, and tier three suppliers that feed into these larger companies," he explained. "So when you have this combination of larger ori-

ginal equipment manufacturers making investments then it lifts up a lot of the players that are part of that supply chain."

So what's making Winnipeg such an attractive place for this type of big private sector investment?

Public sector investments provide a positive value proposition for the private sector

Greg Dandewich, Economic Development Winnipeg

Dandewich said it's a combination of a lot of things, pointing specifically to public sector investments in areas such as improving roads and infrastructure as major contributors.

"Things like Bus Rapid Tran-

sit, new bridge developments, the completion of the Perimeter Highway, and CentrePort Canada Way really enable the private sector to see that by making their investments here they'll have better fluidity of moving my products and having my employees coming to work in a more efficient way," he said. "All of that work provides a positive value proposition for the private sector."

As for Winnipeg's economic future, Dandewich said in addition to the continued success of the advanced manufacturing sector, EDW sees positive trends in the agribusiness, transportation logistics, and information communication technology sectors.

"Those are some of the sectors that you'll see a greater increase in terms of their impact on the market," he said. "We're really described as having a diverse economy and that does create some strong value in having stability in the market."

Huge projects spur more development

With hundreds of millions of dollars pouring into developments like True North Square, it's hard to believe things could get any busier in downtown Winnipeg, but that's exactly what the head of Downtown Winnipeg BIZ said Winnipeggers should expect.

Executive Director Stefano Grande said those who are making — and in some cases remaking — the city's downtown skyline are just getting started.

"Our numbers have shown that the amount of development that's going to be occurring in the next five years will be the same, if not more, than the amount of development activity that's taken place over the last 10 years," said Grande. "The exciting part is we're doubling the pace to reutilization in the future."

Considering the huge projects seen over the last decade — including the opening



Downtown BIZ executive director Stefano Grande
SHANE GIBSON

REIT at Portage Avenue and Main Street, will bring more of what developers look for before starting big projects — people.

"It seems housing has finally arrived and out-of-town developers are taking advantage of the market opportunities that are here," Grande said, pointing out the 43-storey SkyCity condo development planned at Graham Avenue and Garry Street and the mixed-use Centrepoint tower across from MTS Centre. "The momentum is absolutely visible and it's all because people want to come downtown."

Grande adds that the process is cyclical: the big developments spur smaller investors and entrepreneurs to open up shop in and around downtown, which in turn brings more people and encourages large scale developers to start new and bigger projects.

"If you think about all the stores that are opening up in the Exchange and on Graham Avenue, it's a new generation of young and creative entrepreneurs that are popping up and adding to the growth and feeling of momentum," he said, adding that it's the millennial generation and retiring baby-boomers who are most interested in moving downtown. "People are starting to realize that living and working downtown is good — it's good for your pocketbook, it's good for your health."

"Downtown is a real place — it's got some nice grit to it — and people are looking for that."

SHANE GIBSON



Laura Tait, 24, works on a silk screening project at Martha Street Studio. SHANE GIBSON

Martha Street Studio making an impression for printmakers

CITY CULTURE

Century's old art of printmaking is alive and well

Shane Gibson

Don't try telling anyone at Martha Street Studio print is dying.

They know century's old art of printmaking is alive, well, and thriving — in all its forms — in Winnipeg, thanks in large part to the work of Exchange District area artist-run, community-based printmaking facility.

"I think in our fast-paced world there's a desire to slow down and printing can offer that because

it's often a process-based art form that requires people to work on a skill and learn by mistakes and reap the rewards of their successes," said the studio's co-director, Kristin Nelson. "I think people like that, and there's a return to that sort of thing that's happening right now."

Nelson said the not-for-profit, which is run by the Manitoba Printmakers Association, has a mandate to provide equipment, facilities, and knowledgeable support staff to help the public — everyone from experienced printmakers to newbies — produce, exhibit, and ultimately sell their own work.

And as for equipment, Martha Street has it all — their 2,000-square-foot basement is filled with large (and immovably heavy) print machines, etching

presses, ancient stones used for lithography, letter presses, silk screening tables, and everything else needed to do virtually every type of printmaking.

There's also a darkroom and a full digital printing studio that includes a 44-inch-wide inkjet printer.

The facilities can be rented daily, weekly, monthly and yearly, but the studio also offers a number of classes and workshops in the space for all skill levels, and offers a free after-school art program for youth ages 16 to 25 that teaches a variety of different printmaking techniques.

"Our mission is very inclusive," explained Nelson. "We have free education classes for youth who maybe couldn't afford it otherwise and we have classes for those who just want to dabble

or those who hone their skills."

Twenty-four-year-old Laura Tait is now a regular at Martha Street after going through the youth program a year-and-a-half ago.

"It was a really interesting experience and I learned," she said. "I think having some sort of art practice that you can do is really important ... and I'm going to keep doing this as long as I'm able to."

On the main floor at 11 Martha Street is a gallery space and store where artists like Tait can exhibit and sell her work. Money brought in through sales is split between the artists and the non-profit, which otherwise relies on government funding to keep the lights on and the presses running.

For more information about the Martha Street Studio visit printmakers.mb.ca.

ABORIGINAL VOICES

Making progress in the north

Michael Redhead Champagne knows a thing or two about making progress. Known as North End MC, he's a public speaker, blogger and community activist, who was recognized by Time magazine last year as a next generation leader.

Six years ago, at the age of 23, he was a co-founder of Aboriginal Youth Opportunities and one of its flagship initiatives — Meet Me @ the Bell Tower — attracts an average of 40 people to its Friday night weekly gathering, and sometimes as many as 200 who show up. They've been doing it since November 2011.

Champagne, now 29, likes what he sees with Bell Tower and said it's proof good things are happening in the northend of the city.

"To me what it is, is evidence ... it's an example and something that I can point to as a demonstration of indigenous young people and northenders' commitment to bettering our community and towards celebrating what's good in our neighbourhood," he said.

"If we can do it in the north end of Winnipeg where there are a variety of socioeconomic challenges including violence, including poverty, if we can do it, anyone else in the city can do it."

Bell Tower is one of 10 initiatives AYO! has established, with others like Village Walk, where a leadership team and community partners walk the neighbourhood to promote health and wellness.

Fearless R2W, a parent advocacy group, is also gaining traction in the community.

RED RISING MAGAZINE

When you ask Lenard Monkman if he's surprised by the success of Red Rising magazine his answer is quick.

"Yes and no," said the cofounder of the magazine, which was born out of a desire to have indigenous voices tell their own stories, a reaction to some negative experiences with the media.

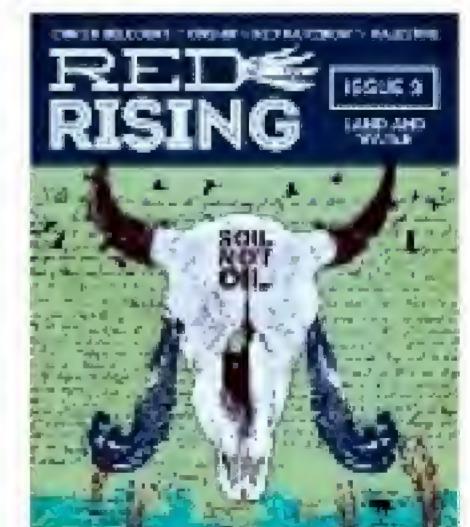
"I would say that I'm surprised with the amount of submissions that we've been able to have because it really just started off with an idea that we put on paper and we weren't quite sure how people would react to it. For the most part we've got a pretty nice following," Monkman said.

The third issue of Red Rising has hit the streets and that alone is a success story. Add to that the fact that the entire magazine is put together by a collective of volunteers and it's a feat worth noting.

Monkman said Red Rising is a positive in so many ways, including that the community has embraced it and contribute to it, adding that when they put out a call for submissions, they roll in.

"The stories are really a reflection of our community, so it's not Lenard Monkman saying these things, it's the community saying these things and we'll go off of whatever direction the community wants to go in," he said.

DONNA MAXWELL



All about community

SAGE CREEK

Building village centre into new suburbia

Donna Maxwell

Winnipeg is a city full of great neighbourhoods and the people who live there are proud of them.

From Sunny St. James to the home of the pink flamingo, the oft maligned but fiercely defended Transcona, we've got great communities that have stood the test of time and built their character and personality over decades.

But Winnipeg is a city that is growing. There are new neighbourhoods popping up everywhere and despite a decline in new home starts we're still in a healthy place.

Canada Mortgage and Housing Corporation's spring numbers predict this year and next will see fewer total housing starts, but single home starts will actually increase. We're down from the boom of 2013, when new starts approached 5,000, but still strong with a prediction of 3,600 to 4,200 starts this year and next.

Qualico has been building homes in Winnipeg for 65 years. This real estate development company was started here in 1950 by Dr. David Friesen and his wife Katherine, who built seven houses that year in River Heights.

Sarah Anderson, communications and neighbourhood liaison with Qualico Communities, said the company, which is headquartered here but has offices across Western Canada and in Austin,



Sage Creek's Trick and Treat on the Trails event. ELF STUDIOS

Texas, has evolved and expanded. In Winnipeg, they're building more complete communities as the city expands further from the city centre.

"We're conceptualizing suburban neighbourhoods in a different way than we used to," Anderson said.

"Sage Creek, in particular, is one where we have a village centre concept where you can live, work and play."

There are 4,500 people who call Sage Creek home, Anderson added, in a combination of 1,500 single homes, apartments and condos. Qualico's headquarters is located in Sage Creek, where there is room for more offices and space dedicated for multi-use buildings, with retail on the main floor and offices above.

Anderson said what's great about Sage Creek is that its residents aren't sitting around waiting for a community to develop — they're actively initiating it with a residents' association that Qualico helped start about eight years ago.

Lang Wong, social committee director, said that in Sage Creek they're doing all they can to make the community come alive in the southeast corner of city.

"When you get a residents' association together, it kind of organizes all resources and it puts a face to a community, so that's what we're trying to do, trying to start the foundation of what Sage Creek is all about," Wong said.

"I always say to people, you bought a house, but how do you make it a home? So we create this community spirit ... and we create opportunities for neighbours to meet, other than just wave at each other on our driveways."

The residents' association hosts about seven events every year that bring out an amazing number of people, from Sage Creek and other neighbourhoods. The Trick-or-Treat on the Trails, which happens in September when the weather is warmer, drew about 1,300 participants last year, and their Canada Day celebrations brought out 1,500 visitors.

And in Sage Creek, they welcome everyone to the party, whether you live there or not. Wong wants to see even more people out for this year's Canada Day party.

"There's no charge, no gates, come on in," he said.



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'Pegger leads child obesity research team

MEDICAL SCIENCE

Prof seeks underlying causes of susceptibility

Donna Maxwell

A Winnipeg researcher is leading a team of Canadian and American scientists and doctors who are studying the fastest growing chronic illness among children in Canada — obesity.

Vern Dolinsky, a professor at the University of Manitoba and a Children's Hospital Research Institute of Manitoba scientist, said the team received a \$2 million grant from the Canadian Institutes of Health Research and is looking at the underlying factors that can lead to childhood obesity and other chronic diseases.

"What we're finding is that there are factors in addition to a person's lifestyle that can contribute to the development of obesity, some of which are beyond their control. We aim to understand why certain people are more susceptible to become obese than others," Dolinsky said.

It's well known in adults that obesity is a factor in a lot of chronic illnesses, like cardiovascular and kidney disease and Type 2 diabetes. Dolinsky said studies are showing these obese children are on the fast track to these diseases.

"Childhood obesity appears to be accelerating this process, so clinically we are observing



Obesity at a young age is emotionally difficult for children and their families, according to researcher Vern Dolinsky. iSTOCK



It's a real urgent research problem that we need to address before it spirals out of control and more children end up with chronic illnesses as a consequence of obesity

Vern Dolinsky, Children's Hospital Research Institute of Manitoba

more children with Type 2 diabetes," he said.

The appearance of obesity at a young age is emotionally difficult for children and their families. The shame of being

overweight is often a barrier to making lifestyle changes that impact body weight, Dolinsky said.

"It's a real urgent research problem that we need to ad-

dress before it spirals out of control and more children end up with chronic illnesses as a consequence of obesity. Lifelong care will also be expensive for our health care

system," Dolinsky said.

He explained that Manitoba has some of the highest rates of adolescent Type 2 diabetes in the country. The majority of the 600 participants in the study are from Manitoba.

Participants are obese teenagers, including those with Type 2 diabetes. Dolinsky said researchers will examine DNA methylation patterns in their blood stream.

"We are examining DNA methylation patterns in blood

cells from the children. Basically what we want to do is find a marker in the blood stream that will allow us to identify children at very high risk of obesity, or other chronic diseases such as Type 2 diabetes, kidney or cardiovascular disease that is a consequence of their childhood obesity," Dolinsky said.

If they can find an accurate marker, they can tailor the care of the children that are most at risk and put them on an appropriate diet or exercise program or if necessary a medication to prevent the onset of chronic disease conditions they are predisposed to.

"That's the ultimate goal," Dolinsky said.

TELLTALE DNA

In addition, the researchers will examine the cord blood of newborn infants to see if there are telltale DNA methylation patterns even at birth that indicate the potential to be obese or develop a chronic disease like Type 2 diabetes.

"It would be really exciting if we could predict right from birth who would be most likely to develop Type 2 diabetes or develop obesity," Dolinsky said.

"That way, we can really intervene in the lives of these children and prevent childhood obesity. That would be our big goal, really our 10-year goal, this could change the care of children."

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Passion for cars drives championship run



Ashley Weber, 18, took gold in car painting at the Skills Canada National Competition.
SUBMITTED

Shane Gibson

When Ashley Weber graduates from her autobody repair and refinishing classes at Red River College in four years, she has plans to open her own shop, and you're not going to want to go anywhere else if you need your car painted.

Your ride will be getting a fresh new coat from Canada's best car painter.

The 18-year-old Winnipegger picked up the gold medal for car painting at the Skills Canada National Competition held in Moncton earlier this month, which means she'll

be moving on to represent Canada in car painting at next year's WorldSkills Competition held in Abu Dhabi, United Arab Emirates.

Weber, whose passion for all things automobile comes from years of helping her dad repair and refinish classic cars in their garage while growing up, said she never imagined painting cars would lead her to represent Canada halfway around the world.

"But I think that it's pretty cool that it is," said Weber, who decided to follow her interest and took the auto tech and autobody programs at Kildonan East Collegiate. "This is a once in a lifetime

sort of opportunity."

Held every two years, the WorldSkills Competition is the world's biggest contest for vocational education and skills and sees competitors from 75 countries compete in Olympic-style events, while being judged on their technical abilities.

Weber is one of three Manitobans named to the Canadian team who will compete in Abu Dhabi, including Silas Meeches in the category of CNC machining, and Travis Skorupski, who will take on the best in the world in the industrial mechanical millwright category.

And the competition they'll

face is stiff, said Skills Canada Manitoba's Executive Director Maria Pacella.

"It's a tough competition but our kids are training longer and harder and definitely the year leading up to it they're all going to be in training mode — the more work they put into that training the better they're going to do," said Pacella, who adds the high level of competition means Canadian competitors come back even better than they were. "They learn a lot and they love it because they get to meet people from around the world."

Next year's Skills Canada National Competition will be

held in Winnipeg May 31 to June 4. Pacella says the local group is already in planning mode for the competition.

"It's going to be quite the event; we'll be taking over the whole convention centre," she said, adding she means both buildings and floors of the Winnipeg Convention Centre — including the newly expanded space.

"Imagine over 45 competition areas that have to be set up ... think of car painting and cooking and baking where every competitor needs their own kitchen space, never mind the room needed for the landscaping categories. This is going to be huge."



**Meet Dr. Deborah Olukoko
LEADER. VOLUNTEER.
DIFFERENCE-MAKER.**

Deborah has a heart for international students and has served as liaison for the Nigerian community with the Manitoba Provincial Nominee Program. Since completing her Master's and Doctoral studies at Providence, located 30 minutes outside the perimeter, she has also helped coordinate a mentorship program for visible minority women and pastor

a church. In March 2015 she was honoured with a Prime Minister's Volunteer Award.

"I made a promise to God," says Deborah. "No immigrant or international student who I'm aware of will have a bad experience. Not on my watch."



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DR. GOOGLE



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MANITOBA by the NUMBERS

From bridges to funerals, it was an interesting day, statistically speaking

metroNEWS

\$79,850

the amount spent by city
council's biggest spender



11.7%
Increase in
percentage of
Manitobans
failing to pay
their debts

\$64,117

the amount spent by city
council's smallest spender

\$300 million

THE COST (RIGHT NOW) TO REPLACE THE ARLINGTON BRIDGE



\$2,500
How much families
get from CPP after
someone dies
— and Manitoba
thinks that needs
to change



Parking authority to get teeth

COMMITTEE

**Changes include
30-minute
paid extensions
at the meter**



**Braeden
Jones**
Metro | Winnipeg

Peggers parking downtown could see a little more grace time when they're late filling up the meter — but don't expect to stay parked on the same block all day.

A report going to the city's public works committee Tuesday recommends council enact a new parking bylaw and amend its "payment of fines" bylaw.

The bylaw could see more than 20 changes, like a 30-minute paid extension for meter parkers, which Coun. Janice Lukes expects will be met with a mixed reception.

"Instead of two hours ... you get an extra 30 minutes," she said. "Is that good or bad? It depends."

"You know downtown wants to see more turnover in their parking spots."

But the loophole of leaving your spot only to come back to it will be over. Drivers won't be allowed to park on the same block that day.

Drivers who pay to park on someone's yard, say, during a

Winnipeg Blue Bombers game, could see tickets as well, said Lukes. Changes would give the Winnipeg Parking Authority the right to ticket for a parking offense as well as a zoning violation.

In her mostly suburban South Winnipeg-St. Norbert ward, Lukes said there was little the city could do to quell the parking problems that come with the proliferation of illegal secondary and multi-dwelling suites.

"[Landlords] buy the homes, illegally sub-divide them and cram a bunch of students in there," she said. "Some backyards are like parking lots ... They spray paint lines on the gravel, you can't do that."

"Now the Winnipeg Parking Authority can go on private property and give them a warning or two and then ... ticket, ticket, ticket," Lukes said. "It's teeth!"

And with that, she expects there's bound to be some resistance.

"There always is with parking."

Other changes:

- Commercial vehicles will be fined more for parking violations while on the job.
- Paid parking permits may be used in metered parking spaces "as new situations arise."
- City crews will have to post street work signs 24 hours in advance instead of 12.



Councillors fall within budgets

MUNICIPAL MATTERS

Allowances met so \$84,503 will be carried into 2016

 **Braeden Jones**
Metro | Winnipeg

None of Winnipeg's city councillors broke their piggy banks in 2015.

City auditor Bryan Mansky reported Monday that individually, each elected official kept well within his or her respective ward allowances.

"That's a good thing," Mansky said after delivering the numbers to the city's governance committee meeting.

The total allocation for all councillors' ward allowances and — audited for the first time in 2015 — chairmanship expenditures was \$1,275,860, of which \$1,135,167 was spent.

The net result is \$84,503 carried forward to 2016, and \$56,190 returned to general revenue.

Governance committee chairperson Coun. Devi Sharma said that money going unspent doesn't mean it's not needed, but has to do with how different councillors prioritized spending.

"The full (allowance) amount is definitely needed. We run a tight ship here in terms of the councillor ward allowance budget," Sharma said. "I know councillors are very thoughtful on where they want to spend their money, but by no means do we have excess."

On average, councillors spent \$72,703 of the \$79,924 in their ward allowance fund — but how they spent it varied greatly in some cases.

Sharma said a bit of the variation can be attributed to unrealized expenses due to gaps between hiring assistants or delayed projects.

"There are some projects we thought we would embark on, and we didn't, so we'll realize those expenses in 2016," she said.

For her personally, she said she focuses a lot of her communication spending on her community office, which not all councillors have, but she hasn't done much work on a website, which she plans to do in the coming year.

One budget category with the most variation was councillors' "community expenses" accounts, which includes luncheons, events, donations and other miscellaneous expenses.

Some councillors spend very little in this category, such as Sharma's \$1,184 total, com-



City auditor Bryan Mansky said recommendations he's made to update the policy controlling councillor allowances are mostly administrative, and any changes that would set limits would be for the governance committee to direct. **BRAEDEN JONES | METRO**

pared to higher spenders such as Coun. Ross Eadie's \$19,661 total in the same category — \$15,110 of which was specified as "donations."

On Monday, Mansky also proposed several changes to the policy that guides how

spending is disclosed and recorded, but neither the policy nor his suggested amendments control or cap how much can be spent in certain budget areas.

"(That) isn't part of our role. Looking at this policy, we're

just making sure there's compliance with the provision of the policy," Mansky said. "It's up to the governance committee if they choose to revise those policy requirements or set limits on specific accounts, or something of that nature."

+ BREAKDOWN

Expenditures for each councillor:

Matt Allard: \$64,747

Jeff Browaty: \$71,728

Shawn Dobson: \$64,117 — lowest spender

Ross Eadie: \$78,832

Jenny Gerbasi:
\$71,633

Scott Gillingham:
\$72,412

Cindy Gilroy: \$77,295

Janice Lukes: \$75,843

Brian Mayes: \$75,664

Marty Morantz:
\$67,908

John Orlikow: \$79,364

Mike Pagtagkhan: \$79,850 — highest spender

Jason Schreyer:
\$67,456

Devi Sharma: \$68,881

Russ Wyatt: \$74,818

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3:00 - MAIN ST. EXILES
4:30 - WHEN PLANETS ALIGN
6:00 - MOONSHIN
7:30 - THE TINS
9:00 - NASHVILLE DEC. ARTIST
- ROSE REED
10:00 - VENUS AND THE VENUSISTS

JULY 2ND
SATURDAY:
MOON - DARK NESSIE
1:30 - JER. NUN
3:00 - HISBY DREAD
4:30 - THE LAST HORIZON
6:00 - THE SMIT
7:30 - CHELSEA TRACTORS
9:00 - PANDA PLUG

EIGHT HOSTED BY MC CRO
EIGHT SPOTLIGHT: SILENT RIT
12:00 LAST ARTIST

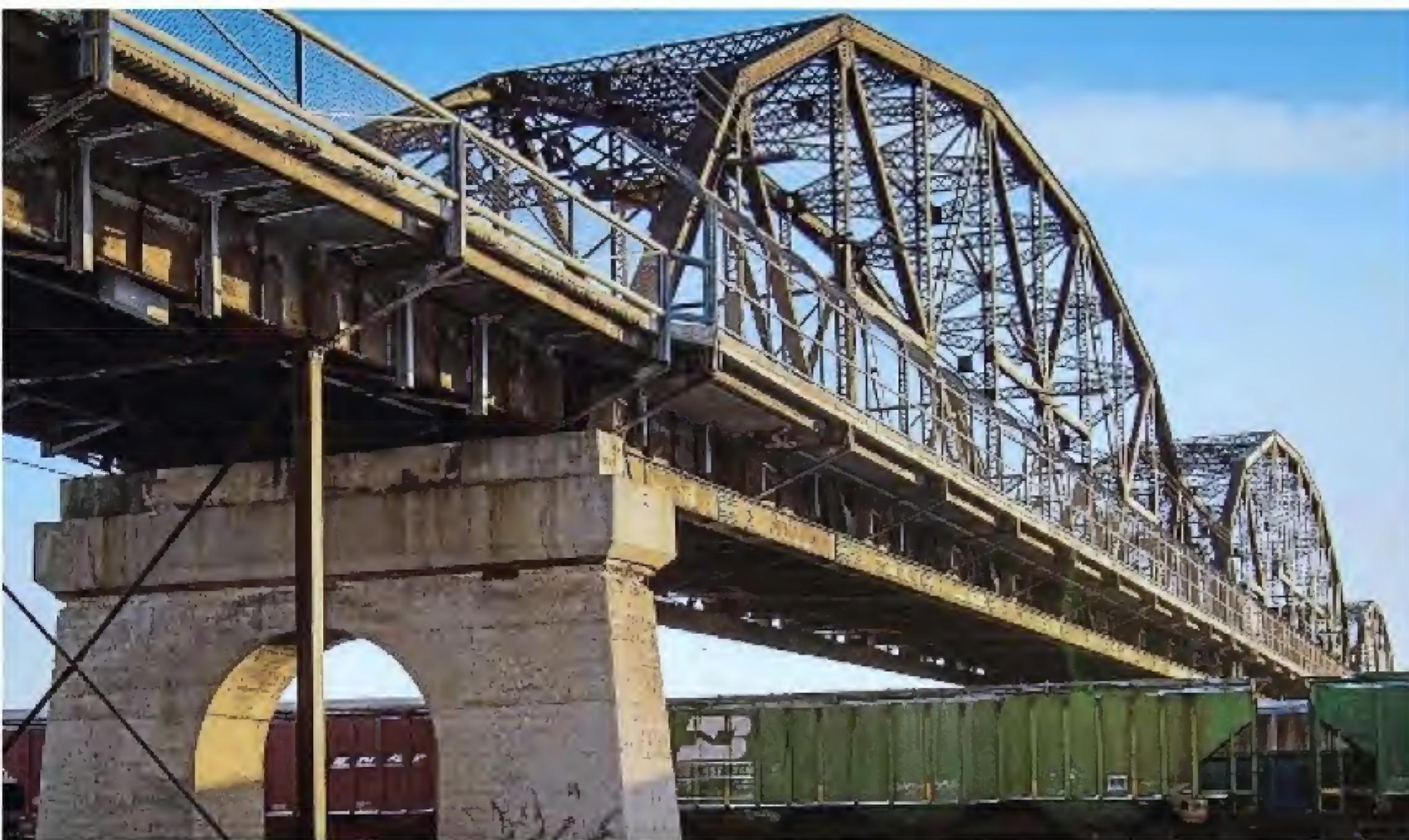
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Winnipeg residents were presented with a two-phased approach to replacing the Arlington Street Bridge in a public consultation process. WINNIPEGARCHITECTURE.CA

New bridge is a 2020 vision

URBAN PLANNING

Arlington to be replaced at cost of \$300M

Stephanie Taylor
Metro | Winnipeg

Replacing Winnipeg's aged Arlington Street Bridge could cost the city upwards of \$300 million, with commuters crossing the tracks below using a new structure practically in the same

spot as the current one.

The city committee on infrastructure renewal and public works will discuss a new report Tuesday that asks for \$20-million worth of future planning to be approved to continue studying new crossing options.

Penned by civic transportation manager Luis Escobar, the report details how the 104-year-old bridge is nearing the end of its life cycle and has a decommissioning date set for 2020.

It also includes a functional design study on new crossing options, prepared for the city by Stance Consulting.

The study examined the area around Inkster Boulevard and McPhillips Street to Notre Dame Avenue and Salter Street.

"It was recognized early in this study that the Arlington Bridge provided a vital link for the local community in daily activities for all modes of transportation and was also required to sustain today's traffic capacity needs," he writes.

Currently, the replacement plan is classified at a Class 4 cost estimate of \$300 million with a 2020 start date.

That price is expected to fluctuate for either better or worse

as future planning will refine the design of the new crossing, the report says.

Of the two main crossing options presented by Stantec, staff prefer one that would see a new structure built just slightly west of the current one.

The new bridge would feature three lanes of traffic — two northbound and one southbound — that would be divided by a centre median and bordered by two sidewalks and two protected bike paths.

New transit stops would also be included, as well as public art and green space.

The report suggests that once a replacement crossing is built, the city should consider constructing additional infrastructure to accommodate future traffic flows.

"Replacing the existing Arlington Bridge alone will not sustain the long-term growth of the City therefore improvement to other existing crossing(s) or a new crossing (Phase 2) may be required beyond 2030," Escobar writes.

Other solutions include the construction of a tunnel between Sherbrook and McGregor streets or reconstructing and widening the McPhillips Street underpass.

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PERSONAL FINANCES

More of us are in debt now

New data from the first quarter of 2016 reveals more Manitobans are failing to make payments on their debt.

Gord Neudorf, a licensed insolvency trustee with MNP Limited, reports the provincial delinquency rate has increased by 11.7 per cent this quarter compared to the first four months of 2015.

"That's the kind of statistic that would suggest creditors are going to increase their collection efforts to those consumers that are now into a delinquency stage with respect to their debts," Neudorf said Monday.

Overall, he said the rise in the number of insolvencies filed at the beginning of this year is nothing "dramatic", and only a slight bump in what's been a steady trend upwards.

Neudorf cites the Office of the Superintendent of Bankruptcy Canada that reports a 13.6 per cent increase in the number of consumer insolvencies filed between February and March.

Compared to the first quarter of 2015 to now, there's been an 18.9 per cent bump in total insolvencies filed.

"Bankruptcy is a last resort option for people," said Neudorf. "It's natural to procrastinate a substantial decision like that until you're really almost forced into it," he added, noting that push comes after collection agencies call.

He said our province's average debt per person is still lower than many other Canadian provinces.

For example, the average Manitoban is estimated to have \$17,867 in debt compared to just over \$24,000 in Saskatchewan and more than \$27,000 in Alberta. The average amount of debt countrywide is around \$21,500. STEPHANIE TAYLOR/METRO



SAY HELLO TO PEGGO, THE NEW WAY TO PAY YOUR BUS FARE!

On Friday, June 10, Winnipeg Transit introduced peggo™, the new electronic fare collection system that will provide customers with a more convenient way to pay their bus fare without the need to carry cash, passes or tickets.

The peggo system will be activated on Monday, July 4, 2016 and available to senior customers first, followed by full fare and youth passengers in early August.

All peggo customers will be able to buy their peggo card and "load fares" online, by phone or at a variety of retail outlets throughout the city, including 7-Eleven and Shoppers Drug Mart.

Customers will have up to 36 fare payment options to choose from, including 24 hour, 3 day, 5 day, 7 day, 14 day, 21 day, 28 day, monthly and annual passes. Winnipeg Transit will continue to offer reduced fares to seniors and students.

The cost for a peggo card is \$5.00, however, for a limited time, customers can receive a rebate when they register their peggo card online and use it within 90 days of purchase. Visit winnipegtransit.com or contact 311 for more information.

There are two types of fares which can be loaded onto peggo cards:

- e-passes – replace paper passes and are valid for an unlimited number of trips during a set number of consecutive days.
- e-cash – replaces paper tickets. Riders can load e-cash onto their peggo cards, which deducts e-cash fares from the card when it is tapped on the farebox. When paying using e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

Winnipeg Transit will continue to accept paper passes and tickets while customers transition to the new fare system. Riders will still be able to pay cash fare when boarding.

A comprehensive public outreach and education campaign is now underway to help Winnipeg Transit customers adapt to the new fare payment system.

To learn more about peggo, visit winnipegtransit.com or contact 311.

Say goodbye to paper
tickets and passes

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to peggo

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Jason Syvixay of the Downtown Winnipeg BIZ. BRAEDEN JONES/METRO

BIZ seeking feedback for downtown vision

STRATEGIC PLANNING

Pop-up events being held to engage public



Braeden Jones
Metro | Winnipeg

The city's downtown business improvement zone (BIZ) is trying to take downtown from "good to great," and wants the public's help to get there.

"We know we can move downtown forward if we are able to get citizens to articulate

a shared vision for downtown," said Downtown BIZ managing director, Jason Syvixay at the BIZ's "urban lab," Monday.

The BIZ recently launched phase one of its strategic planning process for 2017-19, and is collecting feedback through pop-up engagement events in each of the downtown districts and at the urban lab this summer.

Some events the BIZ will host to collect Winnipeggers' visions for the BIZ and downtown itself include popular music performances, artists, and even complimentary beer and wine — accompanied by data-gathering tools like vision-statement em-

“We've been able to reposition downtown Winnipeg as a destination where unique experiences happen. Jason Syvixay

blazoned polaroids.

The events are meant to stir up engagement, and while there, people will be asked key questions, Syvixay said.

"What's your vision for downtown, what's working really well — what's missing, and what programs do you value that the BIZ has created over the last three years?" he said.

"We believe as an organization we've been able to do a lot (and) reposition downtown Winnipeg

as a destination for hospitality, entertainment, the compelling place where unique experiences happen. But we also know there is still a lot of room for growth and improvement ... this process is all about getting in front of that."

The BIZ's strategic planning process will end with a launch party at the end of November at the Urban lab at the corner of Portage Avenue and Carlton Street.

CANADA PENSION PLAN

Manitoba proposes changes to deal

A week after opting out of a deal to boost the Canada Pension Plan, Manitoba says it wants Ottawa and the provinces to consider a raft of amendments.

Manitoba, along with Quebec, refused to sign the agreement last week in Vancouver, in part because people need to set aside their own retirement savings. Premier Brian Pallister said.

On Monday, he said the province wants to see changes made that would help people who are

on the verge of retirement as well as those retiring decades from now.

"The Canadian pension plan was designed to be part of Canadians' retirement security," he said. "But it was designed a half-century ago. It is time to bring the CPP into the 21st century, into the new millennium. But not just for millennials. For all Canadians."

The deal, which is to be finalized next month, is to be phased in starting in 2019. By 2023, an extra \$34 a month in

pension premiums will mean up to \$4,300 more in annual retirement benefits for the average Canadian wage earner.

The maximum annual benefit is to increase by about one-third to \$17,478. Employers will see their premiums increase as well.

Manitoba wants to see Ottawa stop clawing back part of the survivor benefits for widowed seniors, Pallister said. The province also wants to see the one-time death benefit of \$2,500 paid to the estate of a

CPP contributor indexed to inflation.

Such suggestions have been made in the past but have "fallen on deaf ears," he said.

If the deal stays as it is, Pallister said, Canadians will regret it.

"I think a year from now, we'd look back and say, 'That was a missed opportunity back there' and it will be too late," he said. "It's critical that we use the consensus that seems to have emerged."

THE CANADIAN PRESS

CRIME

Stabbing victim had racist past, police say

Winnipeg police confirm that the victim of a fatal stabbing was once at the centre of a high-profile case against the Ku Klux Klan, but investigators don't believe his death was connected to his racist past.

James Edsel Tucker, 45, died in hospital after being found with stab wounds in an apartment early Thursday.

Const. Jason Michalyshen says Tucker had changed his name, and used to be William James Marcus.

Marcus and two others were tried in 1992 on charges of promoting hatred in connection with alleged activities on behalf of the Klan in Manitoba, but the charges were not proceeded amid allegations of police misconduct.

A racist phone hotline that was connected with the case was also the subject of a Canadian human rights tribunal hearing later that year, which ended with the tribunal ordering the Klan to stop using the telephone

to promote hatred.

Two suspects have been charged with second-degree murder in Tucker's death. Police allege the death occurred after a deal to buy drugs.

"This incident has nothing to do with his past," Michalyshen said Sunday, noting that homicide investigators did not believe Tucker had been active recently with the racist movement.

Police say two men showed up Thursday at a Winnipeg apartment when they encountered a 37-year-old resident. The men were armed, police say, and they assaulted the man before forcing him inside.

When the men encountered Tucker, police say there was a fight and he was stabbed.

In addition to the murder charges, the two suspects, Martin Archie Flett, 22, and Joshua Evans, 24, also face charges that include robbery with a firearm, kidnapping with a firearm, sexual assault and assault with a weapon. THE CANADIAN PRESS

IN BRIEF

Police charge pair with murder after fire kills man

Winnipeg police charged two people with murder on the weekend in relation to a deadly fire in the north end.

Police said emergency crews responded to a residence located in the 300 block of Aberdeen Avenue on June 22 around 3:40 a.m. A 50-year-old man was removed from the home, but later died from his injuries. The victim was identified as David Sanderson, who they say was assaulted before the blaze was set.

Billy-Joe Linklater and Lorie Knott, both 21, face charges of second-degree murder and arson after they were arrested Saturday. METRO

Teen charged with impaired driving in deadly crash

Police in St-Pierre-Jolys are holding an 18-year-old Winnipeg man responsible for a collision that claimed the life of a 29-year-old woman over the weekend.

A car and a pickup truck crashed near Lorette on Highway 207 Sunday morning. The female driver of the car was pronounced dead, while the three people inside the truck, all from Winnipeg, suffered non-life-threatening injuries.

Colin Robert Simard has been arrested and charged with multiple impaired driving charges. Police said alcohol appeared to play a factor in the crash. METRO

Manitoba man gets stiff life sentence

COURT

John Ostamas gets 75 years without chance of parole

A homeless man who brutally beat three other transient men to death in separate attacks blamed police as he was handed the stiffest sentence in Manitoba history — life in prison with no chance of parole for 75 years.

"Who made me like this?" John Ostamas said Monday when he was given the opportunity to address his sentencing hearing.

"The only reason I'm like this is because they violated my human rights — the police," he said in reference to a confrontation with officers as a young man that he said left him with a large scar on his face.

Ostamas, 40, had earlier pleaded guilty to three counts of second-degree murder. The April 2015 killings shocked city residents and prompted police to warn Winnipeg's homeless population to be cautious about their security.

In each attack, Ostamas beat and stomped a heavily intoxicated individual — one in a bus shelter, one in a back alley and a third in a parkade. Each victim suffered dozens of injuries, mostly to the head and neck.

"These monstrous murders were the work of a serial killer," Crown attorney Sheilla Leinburd told court.

The victims were suffering from "abject and dismal vulnerability" and "had no place to run, no place to hide," she added.

The Crown and defence jointly recommended a life sentence with no parole eligibility for



John Ostamas pleaded guilty to three counts of second degree murder in the April 2015 murders of three homeless men. FACEBOOK

25 years, served consecutively. Court of Queen's Bench Justice Vic Toews accepted the recommendation and said he would issue his written decision at a later date.

The sentence was welcomed by Franklin Bushie, whose uncle Stony Bushie was one of the three men beaten to death by Ostamas.

"We'll be okay. We're happy. He gets to live in prison for the rest of his life and pass away in there," Bushie said outside court.

"I don't understand a person that can do something like that."

Court was told Ostamas was born in Thunder Bay, Ont. and grew up in Port Hope. He was

could turn aggressive. He has multiple assault convictions dating back to 2002 in the Thunder Bay area.

Ostamas apologized to the victims' families in court Monday.

"I was wrong. I am willing to accept my consequences."

Ostamas was caught on security camera during two of the killings, and he confessed to all three when interviewed by police.

His lawyer, Greg Brodsky, told court a federal penitentiary may have the mental health services Ostamas needs.

"He has some problems that should have been addressed over the years that may now be addressed." THE CANADIAN PRESS

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Seconds for U.S. president

OTTAWA

Three Amigos to have cookies made for each of them

Emma Jackson
Metro | Ottawa

Here's hoping the president wants seconds.

Staff at the Moulin de Provence bakery in Ottawa's famous ByWard Market are busy baking as many maple leaf cookies as they can in the hopes U.S. President Barack Obama will pop in during the Three Amigos summit.

It's not an impossible dream.

The U.S. leader last visited the capital in February 2009, and surprised customers and staff alike when he dropped into the downtown bakery for a treat.

He chose the most Canadian thing in the store: a maple leaf shortbread cookie, painted red, with "Canada" iced in white.

Ever since, the cookies have been named for him. They're



Maxime Lemay, store manager at Moulin de Provence bakery in the market, sells cookies for Justin Trudeau alongside the famous Obama cookie. He'll make one for the Mexican president by Wednesday, too. EMMA JACKSON/METRO

a huge tourist trap: store manager Maxime Lemay said the large display gets photographed constantly.

And the store is littered with poster prints of the president's visit.

"It's not very often that the

president of America is coming in a public store," Lemay said. "He stopped by Parliament Hill to meet the prime minister, and he stopped here to have a cookie. It's kind of special."

This time around, if he

drops in again, the bakery will be ready.

Lemay is designing a massive maple leaf cookie featuring the flags and faces of the three North American leaders for display on Wednesday.

Staff will also give away

smaller shortbread cookies featuring Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto. Of course, there will be plenty of Obama cookies to give away, too.

Lemay hopes it will be hard for Obama to ignore the store if he's nearby.

But Lemay has competition from another shop owner hoping to serve the most powerful man in the world.

Claudio Fracassi, the face behind The Soup Guy store in the World Exchange Plaza, missed out on meeting Obama in 2009, despite creating a beef chili soup in his name.

Obama reportedly loves chili, and on the night of the historic 2008 election Fracassi "was so elated and happy" that Obama won he started concocting the special recipe right then.

It was an immediate hit, and a menu regular ever since.

This month it's back full-time, and Fracassi hopes it's enough to draw the president to his shop.

"He could have come here, or to the market," Fracassi said. "Now, we're hoping that he comes here."

PARLIAMENT
Increased security on Hill

Joe Lofaro
Metro | Ottawa

Security for Wednesday's Three Amigos summit is expected to be heightened as U.S. President Barack Obama meets with Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto.

The RCMP are warning members of the public that movement in the parliamentary precinct will be limited.

RCMP spokeswoman Annie Delisle said there will be a "sufficient" police presence in the area as the Mounties are responsible for the security of Trudeau and the two visiting leaders. Officers will be stopping members of the public as Obama arrives and leaves the parliamentary precinct after the summit.

"This means that any individual on the Hill at this time will have to stop completely wherever they are. There will be no movement in or out of Parliament Hill for this period," said Delisle.

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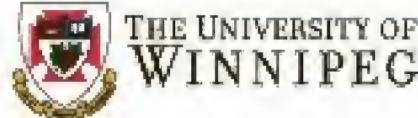
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Get to know your Amigos



**Haley
Ritchie**
Metro | Ottawa

Mexico's President Enrique Peña Nieto is in Canada for the North American leaders summit with Prime Minister Justin Trudeau and U.S. President Barack Obama. Here's your cheat sheet to the three North American leaders.

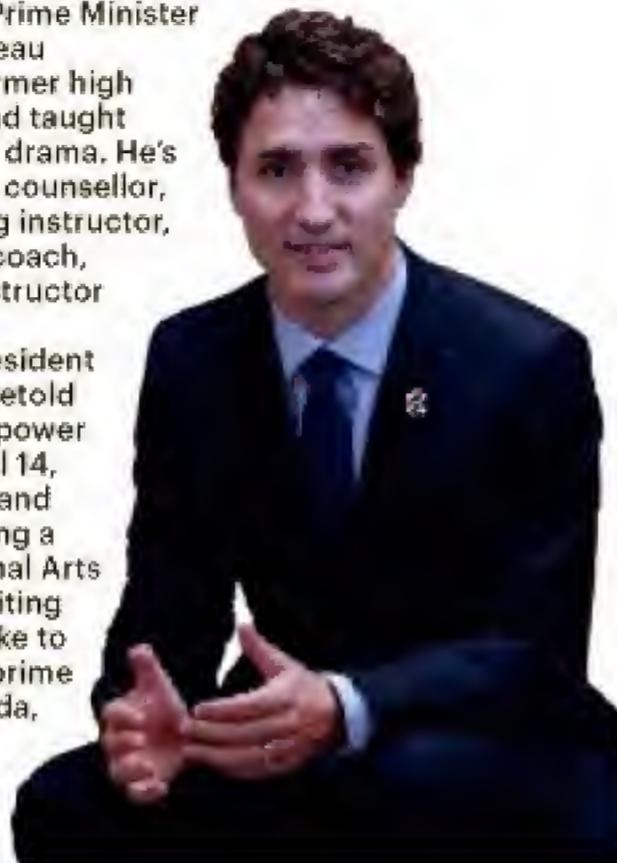
Enrique Peña Nieto

- 57th president of Mexico, took office December 1, 2012
- 49 years old, born in Atlacomulco, near Mexico City
- Campaigned on an aggressive crackdown on drug cartels and a promise to improve the economy in Mexico
- Peña Nieto has publicly revealed he has had multiple affairs, including fathering two children out of wedlock during his first marriage. His image was used on a Mexico City billboard in 2012 advertising adultery website AshleyMadison.com
- His wife is Angelica Rivera is a soap opera star on Mexico's television network Televisa
- He likes to listen to Abba and Celine Dion, according to a profile in The New York Times



Justin Trudeau

- 23rd Prime Minister of Canada, took office Nov. 4, 2015
- Son of former Prime Minister Pierre Elliot Trudeau
- Trudeau is a former high school teacher and taught French, math and drama. He's also been a camp counsellor, whitewater rafting instructor, bungee jumping coach, snowboarding instructor and bouncer
- Former U.S. president Richard Nixon foretold Trudeau's rise to power in Ottawa on April 14, 1972. His mother and father were hosting a gala at the National Arts Centre where visiting Nixon said, "I'd like to toast the future prime minister of Canada, to Justin Pierre Trudeau."



Barack Obama

- 44th president of the U.S., took office January 20, 2009
- This is Obama's last year as president. He will soon be replaced by presidential candidates Hillary Clinton or Donald Trump
- In 2010 Obama introduced major health-care reform in the United States. The Patient Protection and Affordable Care Act — also known as Obamacare — made health insurance mandatory while trying to improve its affordability
- Won a Nobel Peace Prize in 2009
- Born in Hawaii, Obama spent some of his childhood in Indonesia and went to university in Chicago
- Obama's favourite sport is basketball



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IRAQ

Aid for Fallujah 'inadequate'

Near the "fully liberated" Iraqi city of Fallujah, tens of thousands are fleeing into the desert in midday temperatures of more than 50 C. An estimated 85,000 displaced people are enduring heat and dust storms, even inside makeshift camps.

In Iraqi Kurdistan, hundreds of Yazidi women and girls who escaped rape and slavery at the hands of Daesh (also known as ISIS or ISIL) are surviving on meagre supplies, lacking medical and psychological care, while thousands of their relatives are also suffering trauma and deprivation.

On Sunday, Iraqi forces declared Fallujah, which had been held by Daesh for two years, liberated — emerging victorious from a military operation that took months of planning.

"Given the high population density inside the city, we prepared four camps before the operation," government spokesman Saad al-Hadithi told The Associated Press. "But the large number of displaced people and the quick movement has made it very hard to meet their needs."

Since the 2003 U.S. invasion of Iraq, and the sectarian violence that followed, more than three million people have been inter-



Irqi children displaced from the city of Fallujah gather near a tent at a newly opened camp on Monday. AFP/GETTY IMAGES

nally displaced, and 10 million are in need of aid.

Yet funding for Iraq's multiple humanitarian disasters is both little and late.

Last Thursday, Canada announced that it will move to the front line of humanitarian support by joining the U.S., Germany and Japan as co-host of a pledging conference to be held in Washington on July 20.

"We must act now to ensure that the most vulnerable, especially women and children,

receive the protection and assistance they need," said International Development Minister Marie-Claude Bibeau in a statement.

Over the next three years, Ottawa will contribute \$840 million in humanitarian and \$270 million in development assistance to Iraq, in addition to its \$145 million in "stabilization and security" aid. That is a sharp rise from the \$163 million in non-military aid contributed from 2014 to 2016. TORSTAR NEWS SERVICE

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A person holds European flags in one hand and a British flag in another in Lille, northern France. European Commission chief Jean-Claude Juncker said Britain's departure from the EU was "not an amicable divorce" but called for it to be quick. AFP/GETTY IMAGES

Brexit hangover rages amid spiral

UNITED KINGDOM

PM Cameron insists British economy is stable, robust



We have to accept the result, we have to get on and deliver it and as we do so, we have to seek the best possible deal. David Cameron

from AA+.

Both agencies said they were keeping a negative outlook on their ratings. Standard and Poor's cited risks to the economy and public finances, the pound's role as an international reserve currency and "risks to the constitutional and economic integrity of the U.K." as Scotland's strong vote to remain in the EU could raise the prospect of another referendum on Scottish independence.

Calling the vote a "seminal event" that "will lead to a less predictable, stable and effective policy framework in the U.K." Standard & Poor's knocked the U.K.'s sovereign rating by two notches, from AAA to AA. Hours later, Fitch Ratings followed suit, downgrading the country to AA,

signalled there would be no immediate start to negotiations on an EU exit.

German Chancellor Angela Merkel met with her French and Italian counterparts and said "we agree there will be no formal or informal talks" until the British government officially declares its intention to quit by invoking Article 50 of the EU treaty.

The statement appeared to scotch hopes by Conservative lawmaker Boris Johnson and his Vote Leave campaign to hold preliminary talks on the general outlines of a deal before Article 50 triggers a two-year countdown to a British exit. THE ASSOCIATED PRESS

XENOPHOBIA

Acts of intolerance surge

An Eastern European family in Rugby finds dog excrement shoved through its mailbox. A Londoner nearly gets into a fight over drunken slurs shouted on a crowded subway car. A Polish teenager in Gloucestershire is taunted with threats of deportation at her high school.

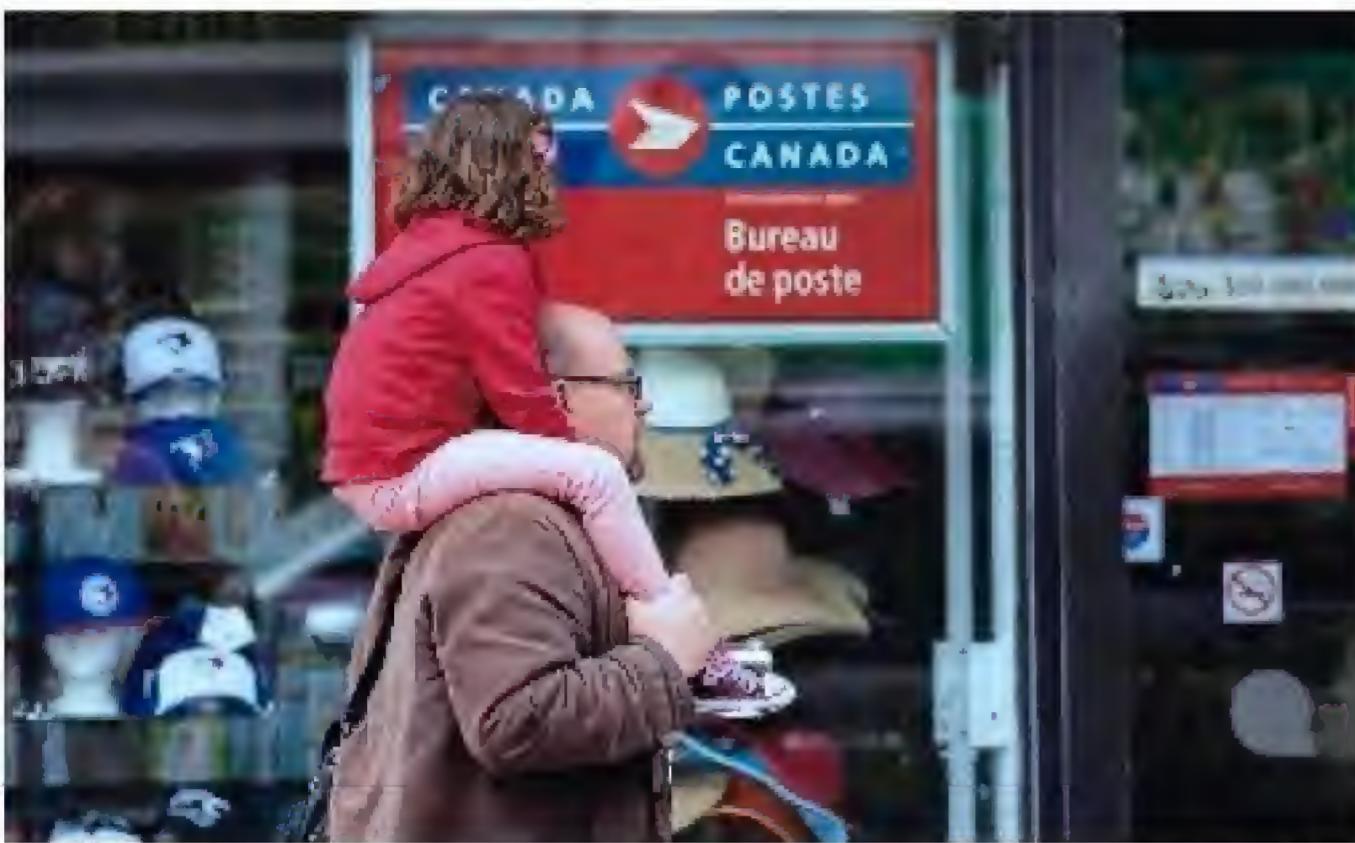
In the wake of last Thursday's vote to leave the European Union, Britain has seen a surge in xenophobia expressed in taunts, threats and worse. For many, foreign- and native-born, the U.K. has suddenly become much scarier place.

"Before Friday we lived in a tolerant society," said Oana Gorcea, a 32-year-old Romanian who has lived in Britain since her teens. "I've been here 13 years, but I've never felt like I had to hide where I came from. But from Friday, things completely changed."

Gorcea, who works for a multinational company in Rugby, about 135 kilometres northwest of London, said her street was being patrolled by "English commandos who walk around and try to intimidate non-white non-English people."

Gorcea's story and others like it have been echoing across social media for days. Eastern Europeans, Muslims — even Americans and Germans — have reported acts of intimidation and harassment. Victims describe an emboldened angry fringe emerging to crowd over Thursday's vote; a T-shirt sported by a man at an Armed Forces Day parade in the working-class London borough of Havering over the weekend seemed to sum up the new attitude: "YES! WE WON! NOW SEND THEM BACK."

THE ASSOCIATED PRESS



Canada Post says any mail and parcels within the postal system during a work disruption will be secured and delivered as quickly as possible once operations resume. TORSTAR NEWS SERVICE

Canada Post warns of likely shutdown

EMPLOYMENT

Postal union will be in legal strike position on Saturday

Canada Post is warning unionized workers that any type of job action including rotating strikes this weekend will mean the shutdown of the post office.

"In the event of a labour disruption, Canada Post will not operate," the Crown corporation said Monday. "Mail and parcels will not be delivered, and no new items will be accepted."

"Any mail and parcels within the postal system during a work disruption will be secured and delivered as quickly as possible once operations resume," the release says.

The two sides have been holed up in an Ottawa hotel

for months, trying to hammer out a deal covering both urban and processing plant members, and rural carriers before the July 2 deadline. At that point, the Canadian Union of Postal Workers would be in a legal strike position and the corporation would be in position to lock out employees.

Canada Post has also taken the unusual step of publicly releasing details of its last offer to the union.

It said the offer which includes a wage increase and no change to the defined benefit pensions for current employees. New hires would be put on a defined contribution plan.

"We have put forward an offer ... but we have not made any significant inroads," said Canada Post spokesman Jon Hamilton.

saying the union has made "two dozen pricey demands."

A union bulletin notes those covered in the urban contract would be offered a four-year deal with no wage hike in the first year and 1 per cent each in the remaining three years. The union is pushing for wage increases above inflation.

Canada Post also wants flexibility on hiring temporary and part-timers to work during peak parcel delivery periods, arguing its policy of paying overtime is not financially sustainable.

Mike Palacek, CUPW's national president, has said in previous interviews the union believes management is laying the groundwork for a lockout.

TORSTAR NEWS SERVICE

72 h

Either side, the Canadian Union of Postal Workers or Canada Post, would need to serve 72 hours' notice before a strike or lock-out.

FOOD AND DRINK

Diet Pepsi with aspartame returning to shelves in fall

Diet Pepsi made with aspartame is returning to shelves in the U.S., after PepsiCo saw sales plummet following its reformulation of the drink last summer to remove the artificial sweetener.

PepsiCo says it will offer "Diet Pepsi Classic Sweetener Blend" made with aspartame starting in September, in 12-ounce cans, 2-litre bottles and 20-ounce bottles. The move is intended to appease fans

who don't like the taste of the reformulated drink, which is made with the artificial sweetener sucralose.

But PepsiCo Inc. said Diet Pepsi made with sucralose, commonly known by the brand name Splenda, will remain its primary diet soda offering. Those cans will be silver, while the "classic" Diet Pepsi with aspartame will be come in light blue packaging.

THE ASSOCIATED PRESS



Pepsi MAX, to be reintroduced as Pepsi Zero Sugar, and Diet Pepsi Classic Sweetener Blend will contain aspartame. Diet Pepsi will be without aspartame. THE ASSOCIATED PRESS



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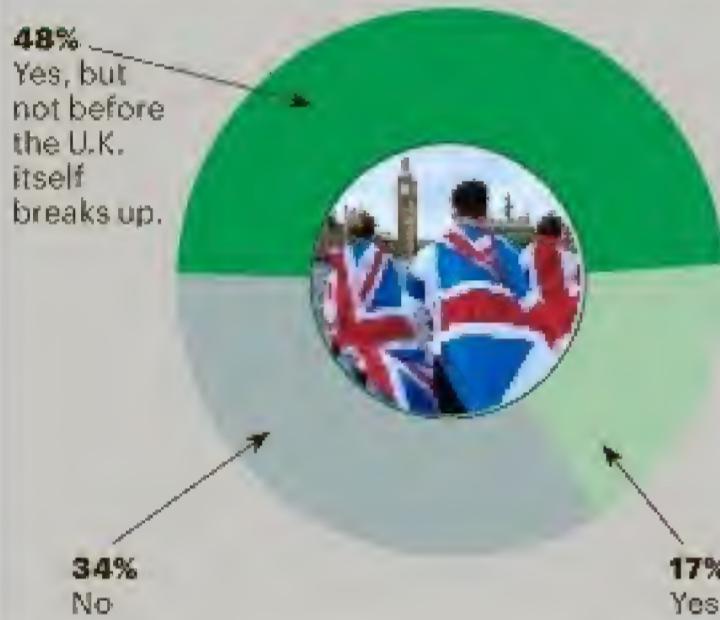
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METRO POLL

Bowled over by the Brexit vote?

We've all had a few days to process the Brexit result, but nobody is any closer to having any idea what will happen. Will the U.K. actually go through with this? What about Scotland and Northern Ireland? What chain reaction of political and economic events will this set off? We asked readers what they thought would happen. Check out the results.

1 Do you think the U.K. will actually leave the EU?



2 How surprised were you by the result?

57% Completely, utterly blindsided
21% Not at all, I saw it coming the whole time.
21% Mildly to moderately surprised

3 What do you think was the decisive factor?

69% Anti-immigration/xenophobia
15% Distrust of elites and internationalist institutions
8% Fiscal/economic concerns
8% Nostalgia

WE ASKED Metro readers

Reality is the government will always choose what it thinks is best for itself in the long run

The vote provides U.K. significant leverage to negotiate new terms with the EU

They never used the euro. Putting the borders back to a safer level is wisest

The Brexit is a bigoted, backwards thing to do, and Northern Ireland and Scotland are not going to stand for it

visit metronews.ca
HAVE YOUR SAY



ROSEMARY WESTWOOD

When hunger strikes outside the home, will you be prepared?

There are two kinds of Canadians: Those who pack a lunch, and those who don't.

The latter camp seems confident others will feed them.

The former know better.

We were all raised to be fully aware of the danger of walking out your front door: You could get hungry. All of a sudden, your blood sugar could plummet. You could get to the end of the road and realize your error — a tummy rumble, a dryness of the mouth, some ancient, panicky alarm system ringing in your brain like the idiot BMW next door.

The lunch packer was raised to anticipate — and head off through careful planning — this most undesirable and preventable of feelings. In their household, as a child, no trip was too small for a snack. Running up to the airport for an hour? Better bring: a banana, an orange, two smashed and still-defrosting homemade muffins of questionable consistency, one granola bar. (The car, of course, is perpetually packed with two to four full — reused — water bottles, which seem, as if by the work of fairies, to never run dry.) Going grocery shopping? Better bring an apple. Taking a flight? Here's your bagel and cream cheese. And a few old carrot sticks from the bottom of the fridge. Want to take this

This is the lesson: Always head off the need to decide what to eat. It will be stressful, and disappointing, nevermind expensive. You will be at the mercy of the world around you. An unpredictable world.

In the moment of actually eating lunch, it becomes clear that a half-chicken meal with fries would taste so much better. But magically, by the next morning, all that is forgotten. Time is ticking. The threat of hunger looms. The packed lunch will be made.

We know we want a bike lane, so let's just build it

YOUR RIDE

Colin Fast



After years of conversation, and months of consultation, Winnipeg is finally set to get its first honest-to-goodness separated bike lane right in the core of downtown along Garry Street.

It's just going to take months more of consultation, a council decision or two, a year of planning and two years of construction.

Here's a better idea: Let's build it this week.

In a fraction of the time and money budgeted for the full-blown cycle project, the city could repaint the lines on Garry, install temporary concrete barriers (like what you'd find in a parking lot) and planters, splash some green paint on the intersections, cover up parking

meters and put up signage.

It would lack some of the bells and whistles of the proposed project, like the metre-wide landscaped buffer between cars and bikes and the bike-specific traffic signals, but it would be a working separated bike lane that would give cyclists some immediate relief and let the city test the viability of its long-term concept.

Is the proposed two-way bike lane on Garry the best choice, or is Bike Winnipeg correct that separate lanes on both Garry and Fort would work better? Let's test it.

This is a bit like the minimum-viable-product concept in the startup world. You create a basic version of your product that allows you to gain insight from real customers — in this case, cyclists, motorists and businesses — on what works and what doesn't.

Calgary is using a similar model with its downtown cycle-grid pilot project, that saw seven kilometres of temporary bike lanes installed in just a few months last spring. Through a year of operation, the grid has attracted more than 770,000 users, and Calgary will decide early next year on where to add or subtract from the network.

Alternately, if Winnipeg's civic leaders decide they've already got an ironclad strategy, they could simply speed up the building plan.

One of the big reasons this project isn't scheduled to be completed until 2018 is because construction will be stopped during next year's Canada Summer Games. While the games will draw a lot of visitors to the city, that's no reason to halt progress on the bike lane. There are no athletic venues or tourist attrac-

tions along Garry, and only a handful of restaurants or hotels. Besides, visitors from across Canada surely won't be shocked to discover construction in the summertime. They know the drill.

Regardless of which option the city chooses, it needs to do something to move this along. While consultation and planning are essential, it seems it takes more diplomacy to get a bike lane built in this town than it does for Britain to leave the European Union.

It's time for city council to take off the training wheels and get rolling on building more downtown bike lanes.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Find him @policyfrog on Twitter

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Two-thirds of Americans think President Barack Obama tried to make race relations better in the U.S.



Female orgasm: It's complicated

NEW BOOK

Sarah Barmak explores women, sex and pleasure

A few years back, Sarah Barmak noticed female sexuality was getting a lot of buzz. It was a discussion point in books, mainstream media, conversations among her friends. The recurring theme, she says, was it's "complicated."

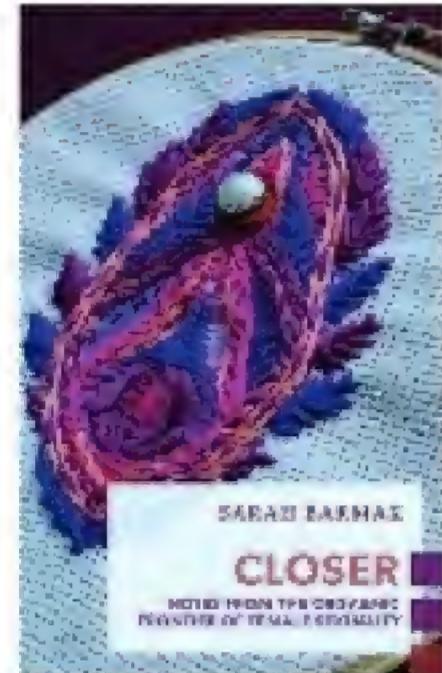
"To me, this seemed curious," says the Toronto-based writer and journalist.

"Half the people in the world — their sexuality is 'complicated?'"

It sparked Barmak's interest in probing the deeper story of female sexuality, with a focus on one thing in particular: the enigmatic, often-elusive female orgasm. Over the next three years, she spoke to sex coaches, researchers, neuroscientists and a variety of women, from those who've never had an orgasm to one who was once capable of climaxing 15 times in one session.

The result is Barmak's new book, *Closer: Notes from the Orgasmic Frontier of Female Sexuality*, an exploration of the ways female sexuality is being redefined in scientific research and today's sex-obsessed culture.

Amid all your research and interviews for *Closer*, did



anything surprise you?

Oh my god, everything. I knew I'd found the tip of the iceberg early on, when I went to an orgasm workshop at Good For Her, a sex store for women in Toronto — a five-hours-long meeting. These weren't the type of women you'd imagine going to sex toy stores. Regular folks, mothers — more conservative-seeming — but they were all suffering on two levels. The first level was this magical thing that's supposed to happen in every woman wasn't happening for them. Number two was the idea that their problem was frivolous, that it was something they'd be embarrassed to tell someone else.

That was a striking first scene. This line really stuck

out, about these women talking about having an orgasm: "For nearly all," you wrote, "it will be their first one." It's sad that it's not really surprising.

It's true. I've talked to so many women who say they never talked to their mothers about sex. Or, if I asked when they first had an orgasm — they said, "Oh, I've never had that," or, "Maybe when I was first married." I think our culture takes for granted that all women have orgasms. And when you think about it, girls are not, in any sense, given information about their own pleasure. We don't think it's important for women to know what feels good to them — what kind of touch feels good, what kind of pressure, how to fantasize. A lot of girls get the message that touching yourself is wrong or shameful.

You must have a lot of thoughts about the on-going sex-ed debate, then?

It's long overdue. I don't think it goes far enough. I think there needs to be more emphasis on pleasure, and this is something you'll find in Peggy Orenstein's book (*Girls and Sex*) as well. Diagrams about the female reproductive system have everything but the organs leading to pleasure. The clitoris is rarely mentioned. But with boys, there is clear talk about boys getting erections, they have sexual



Sarah Barmak is the author of *Closer: Notes from the Frontier of Female Orgasm*.

TORSTAR NEWS SERVICE

desire — and girls get the message that boys have sexual desire, and girls are the objects.

You come back to a similar theme a few times in the book, that we're living

in this sexually liberated time, but you also unpack the complicated reality under that veneer.

We're accepting about sexual orientation, gay marriage and the fact that we're even talking about female

orgasm — it's a sign we've come a long way. But I think there's diversity in the way that women are, and the way that sexual desire is, and the way women can be, that really isn't recognized.

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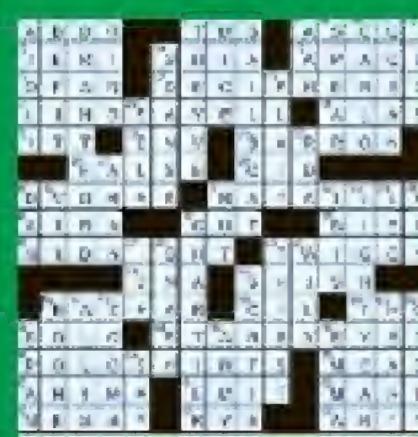
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TECHNOLOGY

New feature in U.S. helps people search symptoms

Genna Buck
Metro Canada



Have you ever searched the web for a term like "eye pain" and come away concluding you're about to have a stroke, or you have a brain tumour, or maybe both?

You're not alone. Google says one per cent of its total searches are about symptoms.

Medical misinformation can spread faster than a nasty virus online, and Google is acknowledging its part in that. "Health content on the web ... tends to lead people from mild symptoms to scary and unlikely conditions," a company blog post from last week says.

In the U.S., in English only, the search giant is unveiling a new feature called symptom search. Now, when Americans type a complaint, like "eye pain," into the Google app, it will display a short overview of the symptom, information on how treat it at home, and the signs that indicate you should head to the doctor.



Harvard, Mayo Clinic lend a hand to Dr. Google

It also shows a list of related conditions compiled with help from human experts at Harvard Medical School and the Mayo Clinic. Google communications manager Susan Cadrecha said there's no date set to roll out

symptom search in Canada, but an expansion is planned to more regions soon.

When it arrives it may be met with cheers from Canadian doctors: A 2015 survey of 1,000 Canadian MDs by the Medical

Post found 41 per cent were "extremely" or "very" suspicious of health information their patients dug up online, and 45 per cent believe Dr. Google does more harm than good.

Toronto pediatrician Dr. Dan-

iel Flanders isn't one of them. He thinks a care provider made of bits and bytes has a role to play, as long as people have a family doctor they trust to help them separate "dubious information and misinformation" from genu-

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HEALTH AND WELLNESS

Living vibrant lives in the community at Bee Wellness

What started with a dream for one has become a dream for many at Bee Wellness.

Operated by Candace Swick, who is a certified older adult rehab therapist, Bee Wellness is an accredited facility providing specialized programs for older adults. Swick is certified with Can Fit Pro and is also certified as a functional aging specialist and trained in stroke recovery from the U.S.

"I had a dream to provide a facility for older adults and people with rehab needs and this facility allows me to fulfill my dreams to help the older adult population stay functional within their community," Swick says.

She started on the path of working with the older adult population facilitating wellness programs in Winnipeg 24 years ago before travelling around North America acquiring the skills and qualifications needed to run her own facility.

"We provide a family atmosphere that allows people to feel that they are welcome and belong in this safe and warm environment and this helps them live longer, more vibrant lives in the community," she adds.

Bee Wellness offers programs for the fit



CONTRIBUTED

older adult to the older adult who requires rehab needs as well as those under 50 who have rehab needs. There is a large variety of summer programs that run from July to August including yoga, fitness, and rehabilitative classes. For more information or a schedule of classes visit beewellnessinc.com.

SEARCHER BEWARE

If you search Google today for "vaccine information," the top result is VaccineInformation.org, a helpful website from the U.S. Centers for Disease control. But the second one is NVIC.org, The National Vaccine Information Centre — a sneakily named anti-vaccination group with a slick and official looking website.

ine advice.

"Anyone who is 100 per cent managing their medical problems with Internet searching — that's problematic," Flanders said. "But I feel patients taking health into their own hands and proactively seeking information is fundamentally a good thing."

If Google can facilitate the process so high-quality information comes first, that's fabulous. Whether they're able to do that remains to be seen."

Patients with rare diseases who've researched their conditions in-depth can even teach doctors a thing or two, Flanders added: "There's a huge potential for physicians to become better experts, via the education they get from their patients. And the patients get the information from Google."

5

MUSIC VIDEOS THAT CARRY LGBTQ NARRATIVES

Musicians and directors have used music videos to tell stories about the LGBTQ community for decades, even if the themes were often buried as subtext. And for many young people growing up in small cities or communities, the visual elements of their favourite songs were a rare window into an outside world of acceptance. Here, five influential music videos with LGBTQ themes.

THE CANADIAN PRESS

**1 Melissa Etheridge, Come to My Window**

Her lyrics about a secret love were inextricably linked with Etheridge's decision to come out as a lesbian in early 1993, just around the time as her label released this song as a single. Interpretations of the music video abound, but it's hard to ignore that Etheridge was making a less-than-subtle point by having actress Juliette Lewis play a mental patient losing her sanity while trapped in her bedroom cell. Etheridge had freed herself from that prison and — along with kd lang and Ellen DeGeneres — helped pave the way for a new era.

**2 Christina Aguilera, Beautiful**

The 2002 music video for *Beautiful* is sometimes overlooked for its breakthrough representation. The clip features a gay couple open-mouth kissing in public as they ignore the stares of passerbys while another scene has a biological man confidently dressing in women's clothes.

**3 Hozier, Take Me To Church**

With more videos putting a positive spin on LGBTQ themes than ever before it was startling to see the Irish musician's portrayal of a young gay couple whose lives are torn apart when one is violently attacked. In the YouTube era it sparked a viral sensation which helped turn *Take Me to Church* into a chart success.

**4 Rough Trade, High School Confidential**

Unrequited lesbian lust was the centerpiece of the Toronto new wave band's precedent-setting 1980 single, which climbed the Canadian Top 40 chart despite lurid lyrics. The video took a safer path, with androgynous lead Carole Pope singing to the camera while male-female flirtations played out.

**5 RuPaul, Supermodel (You Better Work)**

Few tracks were as fresh as this 1992 hit. Supermodel portrayed RuPaul as a fashionista who dominated the runways but still didn't mind shooting hoops with the guys. The video was cheeky and fun, and before long RuPaul was everywhere. RuPaul showed that confidence and perseverance can go a long way.



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SPORTS AND RECREATION

Summer fun for over 40 years

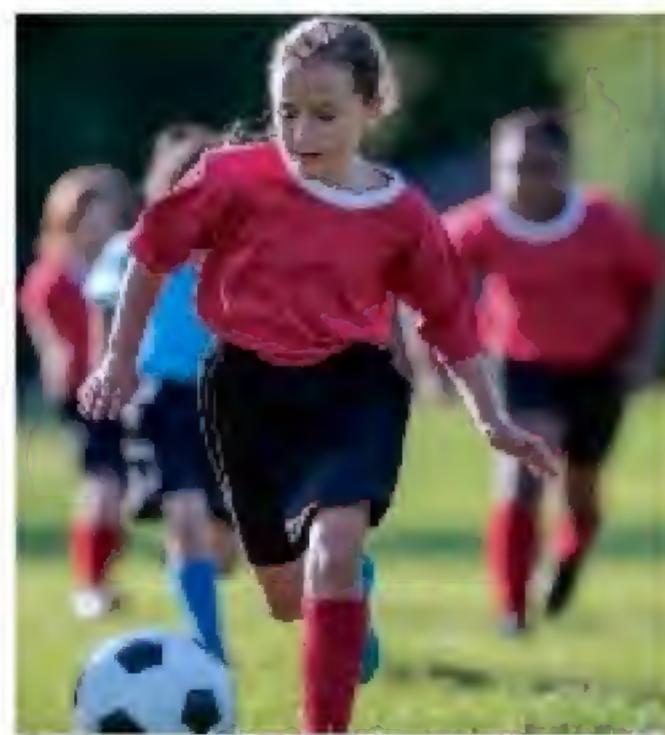
Once again this summer, the University of Winnipeg campus will be home to the annual Wesmen Summer Sport Camps. Operating for over 40 years, Wesmen camps have invited kids in grades 1 – 12 to the downtown campus.

This year's camp lineup offers sessions in basketball, volleyball, and girls' soccer, along with a multi-sport session that offers a variety of fun and challenging activities for all participants.

2016 Wesmen summer camps bring some new and improved features to make the experience that much better for more children. New to the lineup are the exciting, challenging and fun sports of Ultimate Frisbee and Racquetball.

Another new feature this summer is the addition of Kenora Outreach Camps. Three basketball sessions will take place during the week of July 4-8 and two volleyball sessions will be held from Aug. 2-5. All camps will be taking place at Beaver Brae Secondary School.

Wesmen summer camps emphasize fun and skill development. All campers receive quality instruction by University of Winnipeg Wesmen head coaches or Manitoba Provincial team coaches. Each participant will re-



STOCK

ceive a Wesmen camp shirt, and a basketball, volleyball or soccer ball plus a family ticket to attend a Wesmen regular 2016 – 2017 season home game.

The 2016 University of Winnipeg Summer Sport Camps takes place during the months of July and August. All sessions are run out of the Duckworth Centre and Axworthy Health & RecPlex. To register online or for more information, visit wesmen.ca or call (204) 786-9418.

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High-powered thermal cameras will be used on the Tour de France to help detect riders using hidden motors inside their bikes

Willy falls on his sword for offensive mistakes

BOMBERS THIS WEEK

Ed Tait

Drew Willy stood in front of a row of media and dutifully and respectfully answered every question.

He didn't dodge. He didn't point fingers. And, just as he did Friday night, the Winnipeg Blue Bombers quarterback fell on a sword for the offence's performance in the 22-14 loss to the Montreal Alouettes that spoiled their 2016 Canadian Football League opener.

"It starts with me," said Willy after practice Monday. "I need to be better. If I hit a couple of those deep balls early, we put some points on the board and then everything else is sailing good."

The Bombers are 0-1 today for any number of reasons, but Willy's play — not surprisingly — has placed him squarely at the epicentre of criticism.

He completed 25 of 34 passes for 303 yards with one touchdown and one interception against the Als, but those numbers mask the struggles of a new-fangled offence that was blanked in the first half while struggling to even move the ball.

Get this: in the opening 30 minutes the Bombers had just five first downs, four of them by penalty, and had only 77



The Alouettes' John Bowman moves in for a sack on Blue Bombers quarterback Drew Willy at Investors Group Field on Friday. JOHN WOODS/THE CANADIAN PRESS

net yards. Montreal, just as a point of reference, had 278 yards and 15 first downs.

That the Bombers were actually in a position to tie the game as time expired is

a testament to their work in the fourth quarter, but also an indictment of an Alouettes squad which had the home side bloodied, wobbly and up against the ropes,

but couldn't deliver the KO punch.

All that's in the rear-view mirror now — it has to be — but it's what is on the horizon that has to concern the

Dressler held out of practice with head injury



Weston Dressler had three catches on Friday. THE CANADIAN PRESS

It's been a tough start with the Winnipeg Blue Bombers for Weston Dressler.

The all-star slotback signed a two-year deal with Winnipeg in January reportedly worth \$350,000 after being released for financial reasons by the Saskatchewan Roughriders. But after missing most of training camp with an undisclosed ailment Dressler suffered a head injury in the first quarter of the Bombers' season-opening 22-14 loss to Montreal on Friday.

Dressler was back at Investors Group Field on Monday

5

The number of times Dressler has surpassed the 1,000-yard receiving plateau.

but didn't practise with the Bombers.

However, head coach Mike O'Shea is hopeful Dressler will play Friday when Winnipeg visits the Calgary Stampeders.

O'Shea wouldn't say if

Dressler had suffered a concussion. "We don't discuss the specifics of injuries," he said.

Dressler, one of GM Kyle Walters' big-name free-agent signings this off-season, had three catches for 22 yards versus Montreal. On his final reception, Dressler was running towards the sideline when he was hit by Alouettes rookie cornerback Ethan Davis.

Both players lowered their head just prior to contact with the impact of the collision knocking Dressler's helmet off.

THE CANADIAN PRESS

HOCKEY

Lindros finally called to the Hall

The debate is over. Eric Lindros will finally get his plaque in the Hockey Hall of Fame.

Passed over six times before, the longtime Philadelphia Flyers captain was announced as one of four nominees for this year's Hall of Fame induction class, joined by the late Pat Quinn, goaltender Rogie Vachon and Russian winger Sergei Makarov.

"It was six years and it was a bit of time, but I guess you can turn around and say I'm in the Hall forever going forward," Lindros said on a conference call after the announcement.

15th

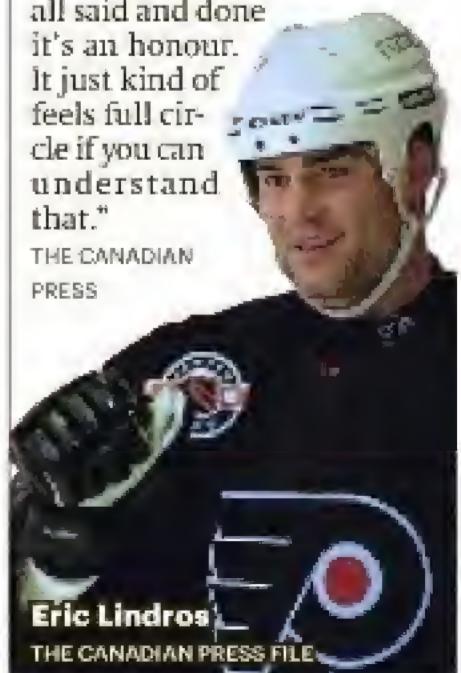
Lindros ranks 15th among all inactive players with 1.14 points per game.

This was a day that looked more and more unlikely to happen. Lindros was a hotly debated candidate every year for Hall induction, but each year it was revealed that, again, he had not made the cut.

Injuries, and the time they robbed him of, were used by some to justify of his absence from the Hall, though not from the committee, which keeps all deliberations private.

"I think there was some times you get thinking back and wondering what if," said Lindros, who scored 372 goals along with 865 points in 760 games. "But I think when it's all said and done it's an honour. It just kind of feels full circle if you can understand that."

THE CANADIAN PRESS



Eric Lindros
THE CANADIAN PRESS FILE

CRIME

Ex-UFC fighter was 'pleasure to be around'

 **Kevin Maimann**
Metro | Edmonton

A former training partner of Ryan Jimmo says the Ultimate Fighting Championship athlete allegedly killed in a hit-and-run Sunday was in the process of moving back to Edmonton from the U.S.

Police say Jimmo, 34, approached the driver of a pickup truck early Sunday morning in a parking lot on Whyte Avenue, near 100 Street, and was walking back to his own car when the pickup driver struck him with the vehicle and fled the scene.

"It's horribly tragic," said Luke Harris.

Harris said the fighter was showing his girlfriend around

Edmonton when he was tailgated by a truck before the confrontation ensued.

He said Jimmo, a New Brunswick native who was nicknamed "The Big Deal," had a personality that would not necessarily be expected of a professional fighter.

"He's done some incredible things in the sport. But aside from the sport, the guy was just a great person and a pleasure to be around," Harris said.

"He was definitely a cognitive guy, played chess, read physics books, loved to dance and do the robot. You don't have too many serious conversations with him, he was always joking around."

Police are looking for the suspect vehicle, which they describe as a dark customized older model pickup truck.

HOCKEY NIGHT IN CANADA

MacLean reclaims his old hosting gig

Ron MacLean is officially back as host of Hockey Night in Canada, returning to the chair he occupied for nearly 30 years before being ousted in favour of music journalist and CBC talk show star George Stroumboulopoulos.

MacLean will host the early game on Saturday night next season while David Amber will take the helm for the late broadcast, Sportsnet announced Monday.

Stroumboulopoulos is leaving "to explore new creative

opportunities," according to a Sportsnet release.

Stroumboulopoulos signed a five-year deal to host "Hockey Night in Canada" in 2014 after Rogers acquired the NHL rights in a 12-year, \$5.2-billion agreement.

Pushing MacLean aside was a controversial decision by the broadcaster, with Stroumboulopoulos seen by many fans as an outsider who didn't have the necessary hockey background to replace his experienced predecessor.

THE CANADIAN PRESS

Raonic tops Spaniard to advance at Wimbledon

Milos Raonic advanced to the second round of Wimbledon on Monday with a 7-6 (4), 6-2, 6-4 win over Spain's Pablo Carreno Busta.

The sixth-seeded Canadian used his big serve to his advantage, firing 27 aces past Carreno Busta in a match that took one hour 53 minutes to complete.

THE CANADIAN PRESS

IN BRIEF

Sens send Chiasson to Calgary for defenceman

The Ottawa Senators have dealt forward Alex Chiasson to the Calgary Flames in exchange for defenceman Patrick Sieloff.

Chiasson scored 19 goals and added 21 assists in 153 games over two seasons with the Senators.

Sieloff scored two goals, nine assists and 54 penalty minutes in 52 games with the AHL's Stockton Heat.

THE CANADIAN PRESS

Preds forge deal with Filip

The Nashville Predators have signed forward Filip Forsberg to a six-year, \$36-million contract Monday, locking up one of their brightest young stars long term.

The 21-year-old Swede led the Predators in goals (33) and points (64) for the second straight season in 2015-16. THE ASSOCIATED PRESS

Dodgers evade sweep

A.J. Ellis hit a tiebreaking, two-out infield single that capped a four-run fifth inning, and the Los Angeles Dodgers rallied to beat the Pittsburgh Pirates 5-4 Monday and salvage the finale of a four-game series.

Scott Kazmir won despite allowing four runs, in five innings. THE ASSOCIATED PRESS

England's latest Euro exit initiated by Iceland

EURO 2016
ROUND OF 16

Little nation upsets team full of Premier League stars

Iceland pulled off one of the biggest shockers in European Championship history by beating England 2-1 in the round of 16 on Monday, continuing the astonishing run of the smallest nation at the tournament.

England slumped to its most embarrassing loss in a generation after taking the lead in the fourth minute through Wayne Rooney's penalty.

Ragnar Sigurdsson and Kolbeinn Sigthorsson took advantage of defensive shortcomings by England to put Iceland ahead by the 18th minute, and the Icelanders defended superbly in the second half to earn the biggest victory in their history and a quarter-final match against France in Saint-Denis.

"They thought that this would be a walk in the park," Sigurdsson said. "We had faith in our ability."

Iceland, a country of 330,000 people, is featuring in its first ever major tournament.

It proved to be the last match of the four-year reign of England coach Roy Hodgson, whose contract was up after the tournament.

"Now is the time for someone else to oversee the progress of this young, hungry and extremely talented group of players," Hodgson said. "They have been fantastic."

The England fans who booed the team off at halftime and full-



Iceland's Ragnar Sigurdsson scores past England goalkeeper Joe Hart in Nice, Monday.

PAUL ELLIS/AFP/GETTY IMAGES

MONDAY In Nice



time will likely have a different opinion.

England's players head home early again for another post-tournament inquest. Their players slumped to the ground in front of their jeering fans after the final whistle, their heads in their hands.

England took the lead on a balmy night at the Stade de Nice after winger Raheem Sterling was clipped by goalkeeper Hannes

Halldorsson as he prodded the ball past him. Rooney converted the penalty into the bottom-left corner.

Iceland struck back immediately through Sigurdsson, volleying in at the far post after Kari Arnason's flick-on from a long throw.

Sigthorsson then took advantage of more slack defending by England, getting time and space to shoot from just inside the area. Goalkeeper Joe Hart got a hand to the effort but the ball squirmed over the line.

ITALY 2, SPAIN 0

In Saint-Denis, Italy ended Spain's European Championship reign, beating the two-time defending champions.

Giorgio Chiellini poked the ball into the net from close range in the 33rd minute after Spain goalkeeper David De Gea first

QUARTER-FINALS

THURSDAY

Poland vs. Portugal

FRIDAY

Wales vs. Belgium

SATURDAY

Germany vs. Italy

SUNDAY

France vs. Iceland

parried Eder's free kick, then blocked Emanuele Giaccherini's follow up from the rebound.

Graziano Pelle added the second goal in injury time.

Italy goalkeeper Gianluigi Buffon preserved the lead in the 89th with a diving save low to his right to push away Gerard Pique's shot.

Italy will next play Germany in the quarter-finals on Saturday in Bordeaux. THE ASSOCIATED PRESS

COPA AMERICA

Argentina stunned by Messi's decision



Lionel Messi missed a penalty kick for Argentina in a loss to Chile in the Copa America final on Sunday. GETTY IMAGES

Some fans, players, and even Argentina's president want Lionel Messi to reconsider. Other supporters on Monday were simply sad that he's quitting the national team.

Messi shocked his native country with his abrupt resignation from international soccer after Chile defeated Argentina 4-2 on penalties after a 0-0 draw on Sunday.

"The national team is over for me," Messi told the Argentine network TyC Sports.

"It's been four finals, it's not meant for me. I tried. It



It pains me more than anyone not being able to be a champion with Argentina.

Lionel Messi

was the thing I wanted the most, but I couldn't get it, so I think it's over."

Messi lifted Argentina's first penalty kick over the crossbar,

setting the stage for another loss in a final. Messi and Argentina lost to Brazil in the 2007 Copa final and to Germany in extra time in the 2014 World Cup final. They lost last year's Copa final to host Chile on penalty kicks after a 0-0 draw.

Messi moved to Barcelona in 2001 when he was 13, producing lots of hardware for the Catalan club. But many fans at home have criticized him for not leading the nation to a World Cup title, as Diego Maradona did in 1986.

THE ASSOCIATED PRESS

RECIPE Roasted Chicken and Grapes



Ceri Marsh & Laura Keogh
For Metro Canada

Well, you didn't see that coming did you? But the sweetness of the grapes is a lovely counterpart to the rich balsamic and earthy thyme in the sauce.

Ready in
Prep time: 5 minutes
Cook time: 25 minutes

Ingredients

- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions
1. Preheat the oven to 400 F. In

a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't cook through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a rack.

2. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook for about 3 minutes until they soften. Add the grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.
3. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes.
4. Serve over couscous, mashed potatoes or polenta.

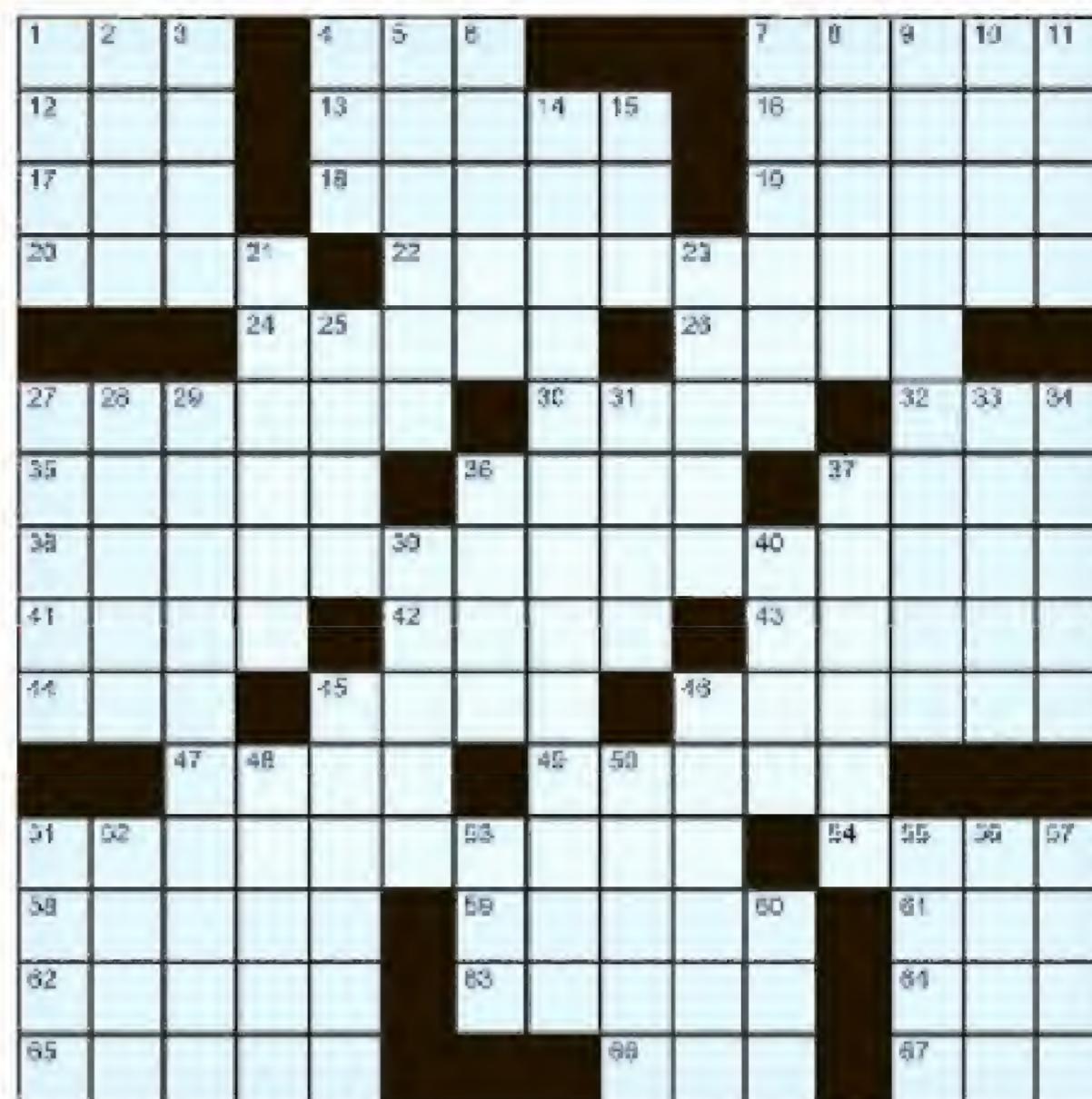
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7. A&E's scary show, "Motel"
12. Conned
13. "Not Ready To Go" by Canadian band The _
16. Bright lizard
17. " _ say!" (And how!)
18. Andrea _ (ill-fated luxury liner in 1956)
19. Example of a herbivorous odd-toed ungulate
20. Treble _
22. _ wipers
24. Norwegian playwright Henrik
26. Female octopi
27. With pleasantness
30. "Stanley & _" (1990)
32. Sugar amt.
35. Ontario village called 'Toronto' without the Ts'
36. Rotate
37. Italian harp
38. 'Lowbush' fruits produced in Eastern Canada: 2 wds.
41. Cape Breton, et al.
42. Energy units
43. Are Not, contracted
44. " _ sells sea-shells..."
45. BBC, fun-style
46. Rids
47. Dressed
49. House-topper rims
51. Astronaut's dreamed-of work area: 2 wds.
54. Tropical tuber
58. Workplace group
59. PC screen dikes
61. Goldie, to Kate
62. Quarried construction material
63. Red Hot _ Peppers
64. French pronoun
65. Hues
66. Empire State Bldg. location
67. Commonly, in poems
68. Once more
69. Lush wall hangings
70. Oscar-winner Mr. Jannings
71. Baby Atlantic Herring, wee-ly
72. Vacation town in Manitoba, it makes a splash!: 2 wds.
73. " _ Songs (Say



DOWN

1. Stylish
2. Lecture lieu
3. Still
4. " _ be my pleasure."
5. Groggy
6. Cliff nest
7. Get cleans
8. Once more

9. Lush wall hangings
10. Oscar-winner Mr. Jannings
11. Baby Atlantic Herring, wee-ly
12. Vacation town in Manitoba, it makes a splash!: 2 wds.
13. " _ Songs (Say

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your freedom is important to you today, which is why you might be impulsive or do something others least expect. Well, that's the Aries way, isn't it? (Get used to it!)

Taurus April 21 - May 21
You feel restless today. You have that feeling that you're waiting for the other shoe to drop or something like that. Don't worry, because this feeling will be gone by tomorrow.

Gemini May 22 - June 21
A friend might surprise you by doing or saying something unusual. Or perhaps, you will meet someone who is a real character. Oh well, it's not a boring day!

Cancer June 22 - July 23
Be polite and respectful when talking to authority figures today, because you might be tempted to be just the opposite. If someone catches you off guard, don't be lippy. And don't quit your day job.

Leo July 24 - Aug. 23
Travel plans will be interrupted, delayed or canceled today. Likewise for schedules with colleges and universities. Count on it.

Virgo Aug. 24 - Sept. 23
Check your bank account and matters related to inheritances, insurance issues and shared property, because something unexpected might happen. Make sure you are on top of things.

Libra Sept. 24 - Oct. 23
A friend or partner might throw you a curveball today. Or perhaps this person will demand more freedom in the relationship. It could be anything.

Scorpio Oct. 24 - Nov. 22
Your work routine will be interrupted today because of computer crashes, power outages, fire drills, canceled meetings or staff shortages. Give yourself extra time so that you can cope with the unexpected.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Likewise, social events might be canceled or rescheduled — including sports.

Capricorn Dec. 22 - Jan. 20
Small appliances might break down at home today, or minor breakages could occur because something unexpected will take place at home. Perhaps someone unusual will knock on your door.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day, so pay attention to everything you say and do. However, you're also full of clever, bright, original ideas!

Pisces
Feb. 20 - March 20
Watch your money and possessions today. Guard them against loss or theft. You might find money, or you might lose money. What you want to do is be aware.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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Tracking city's existing bike, walking trails



This summer, explore the hundreds of kilometres of trails in Winnipeg. iStock

Shane Gibson

While cyclists wait to see exactly what changes the city's multi-year, multi-million-dollar active transportation plan will bring to the city's systems of bike routes, a local website is giving riders the inside track on the hundreds of kilometres of trails we already have.

The Winnipeg Trails Association has detailed descriptions and PDF maps of the roughly 400 kilometres of trails that snake through and around the city, available to view and download at winnipegtrails.ca.

"We've got a great number of trails in this city and Winnipeg Trails has just a wonderful overview of them," said the city's active transportation coordinator, Stephanie Whitehouse. "It's encouraging people to cycle, which is a great way to get around town and it's also a nice way to take a great little adventure in your own city."

The website includes descriptions of the terrain you'll find on each of the 36 featured trails, lists points of interest you might want to stop and check out, warns about dangerous intersections or spots you'll want to watch out for, and even gives directions to

where to stop for a refreshment or bathroom break while you're on the trail.

Last July, city councillors approved a \$330-million strategy to build up an active transportation network throughout Winnipeg over the next 20 years, and Whitehouse said some of that work will see the already existing network connected and improved.

This year, the city has committed \$4.1 million of work on the active transportation system in areas like recreation walkways and bike paths, new sidewalks, and bicycle corridors.

Whitehouse said some of the most noticeable work

GO FOR A RIDE

Gabrielle Roy Route

This trail goes through the east quarter of St. Boniface and includes a nice ride through the Seine River Greenway Trail.

McGillivray Trail

This new multi-use trail is all asphalt and runs east/west between Pembina Highway and Fort Whyte Alive.

is along Pembina Highway, where bike lanes are being put in, while road repair work is already underway.

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The Canada Games Sport for Life Centre will continue as a training facility long past next year's Canada Games. ALL PHOTOS CONTRIBUTED

A home for all athletes

2017 CANADA GAMES

New facility will act as training ground for all athletic levels

By Donna Maxwell

There's a buzz in the air already, more than a year ahead of the 2017 Canada Games that start next July in Winnipeg and thanks to those games, the buzz will continue for years to come with the legacy project that is the Canada Games Sport for Life Centre.

Phase 1 of the centre saw the renovation of 84,000 square feet of the building at 145 Pacific Ave., which became the new home of Sport Manitoba. Phase 2 brings to life a new 120,000-square-foot

training facility that will develop athletes across the spectrum, from youth learning their first sport to elite players looking to represent their province and country on national and world stages.

Jeff Hnatiuk, president and CEO of the 2017 Canada Summer Games, said Phase 2 will be open in April 2017 but he's already excited about the atmosphere it will create. Hnatiuk said he really likes the way the centre will bring youth and experience together under one roof.

"We're mixing community-based grassroots programming with higher performing programming at the same time," Hnatiuk said.

"Some of the kids who are taking part in our basic grassroots community programs are going to be in our facility the same time some of our high-performing

athletes are gonna be in there training, so there's this really good opportunity for role modelling and mentoring that can come from having that kind of environment."

Hnatiuk said the original vision for the centre included partnerships with community groups, so the fact now, 10 years later, that vision is coming to fruition is really satisfying.

Partnerships already set in-

clude Doctors MB who've committed \$325,000 for a before- and after-school program that will involve 500 inner city, rural, First Nation and Metis kids. Another partnership has already started and provides active living support to 25-30 people in the Salvation Army's Anchorage program that works with those in substance abuse recovery. There's more to come, Hnatiuk said.

"We've got some unique part-

nerships with some inner city programming that's going on and our capacity to do more is going to be expanded greatly with the Phase 2 development."

And of course, the Canada Games Sport for Life Centre is the home for provincial teams and Canada Games teams. They can take advantage of not only the training facilities but sport medicine and science and coaching and leadership development as well.

"It's those levels of athletes that we hope we can cultivate, through a lot of the training components through the Sport for Life Centre that are going to allow those athletes to go on to further competition," Hnatiuk said.

The centre will host basketball and volleyball games at the 2017 Canada Games, and Hnatiuk said they'll have some test events prior to the start of the games next July.



Winnipeg sending its best to Rio



Winnipeg's Chantal Van Landeghem is heading to the Olympics after finishing second in the women's 100-metre freestyle final at the Canadian Olympic Trials in Toronto. GETTY IMAGES

Shane Gibson

Competing in the Olympics is the ultimate goal for any athlete, and that dream will become a reality for Winnipeg-born swimmer Chantal Van Landeghem this summer in Rio.

Van Landeghem, 22, became the first athlete from Winnipeg to qualify for the Rio Summer Olympic Games in April when she finished second in the women's 100-metre freestyle final at the Canadian Olympic Trials in Toronto. She's also qualified to represent Canada at the Olympics in the 4-by-100 metre women's freestyle relay and the 50-metre

freestyle event.

Making it to the Olympics is something Van Landeghem said she's been working towards since the age of 10, and after narrowly missing the chance to compete in the 2012 games in London, she said it's hard to put into words exactly how she felt when she found out she'd be going to Rio.

"The moment I realized that I made the Olympics, I immediately felt a huge rush of relief—the next feeling I felt was pure joy," said the former Manta Swim Club member, who's been swimming since she was four. "This has been something that I've been working toward for many years, and it's pretty hard to describe exactly what it means to

be able to represent Canada at the Olympics."

Since Van Landeghem's qualification, Winnipeg soccer phenom Desiree Scott, 28, has also learned she'll be heading to the 2016 Summer Olympics after being named to Canada's women's soccer roster on June 20.

This will mark Scott's second appearance at the Olympics.

As well as Van Landeghem and Scott, there are several other Manitoba athletes in the running to qualify for the games, and like Van Landeghem and Scott, they've all received help from the Canadian Sport Centre Manitoba (CSCM) to make their Olympic dreams come to life.

Started as a legacy project

when Winnipeg hosted the Pan-Am games in 1999, CSCM acts as a hub for high performance sport in Manitoba and provides the help athletes need to reach a level beyond where their raw talent and practice can take them.

"To be at the top of the world in athletics today is not like the Rocky movies ... it requires — yes the coach and athlete — but also all of the sport sciences support like sports psychology, nutrition, strengthening and conditioning, and that's the piece that we do," explains Jeff Powell, CSCM's general manager. "Essentially we supplement the work of the coach and the athlete and support them in whatever way that we can be beyond the technical coaching."

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Busy year of tourism predicted in Winnipeg

HOT HOTELS

Report says city will see 2.7 per cent increase in overnight visits

Shane Gibson

Get that spare room ready Winnipeg, it's looking like we can expect some company.

You might want to roll out the air mattress while you're at it. If the latest numbers from the Conference Board of Canada's Travel Markets Outlook hold up, Winnipeg will see a 2.7 per cent increase in overnight visits to the city this year.

"I think it's great, but I don't think they're telling us anything we didn't already know," said Dayna Spiring, the president and CEO of Economic Development Winnipeg (EDW), which runs Travel Winnipeg. "People are coming to Winnipeg, it's a great place to be and there's a lot of stuff happening."

"It's great to get that reinforcement but we're not surprised by it."

The positive forecast follows a couple big years for tourism in the city driven by events like last year's Grey Cup and the FIFA Women's World Cup held in Winnipeg in 2015.

Spiring said this year's NHL Heritage Classic Game, which will be held at Investors Group Field in October and the Canada Summer Games coming to Winnipeg next year, will continue that snowball effect of showing

off what Winnipeg has to offer visitors and enticing more to make the trip.

"We have Investors Group Field, the Canadian Museum for Human Rights, Assiniboine Park has undergone a huge renovation, our downtown looks great, and The Forks new market has just opened and the list goes on," she said. "The momentum has shifted and this is now a great place to be."

Ten years ago people might not have said the same things, but now we have all of these new attractions to draw from and it's causing a shift in the city."

Spiring said the tourism sector is the fourth biggest contributor to Winnipeg's economy, which means the growth expected this year is good news for everyone in the city, according to EDW's senior vice-president, Greg Dandewich.

"There's a multiplier effect that exists when people come into the market either because they're attending a meeting and

convention or they're coming in as a tourist," explains Dandewich. "You think that's a number of dollars per business delegate or tourist over however many days they're here that gets spent through and you pump that through 40,000 people it gets pretty impactful in terms of its market."

Both Spiring and Dandewich agree the recently completed \$180-million expansion of the Winnipeg Convention Centre — which saw the space nearly doubled from 492,000 square feet to 832,000 square feet — will only lead to more and more tourism money coming into the Winnipeg economy.

"As well as having bigger conventions that were bypassing the community simply because we didn't have the space coming it also allows us to have a multitude of events take place at the same time," said Dandewich. "It's going to have a huge effect on bringing people into the city."



This year's NHL Heritage Classic Game will be held at Investors Group Field in October. GETTY IMAGES



Since opening in October 2014 The Good Will Social Club has given Winnipeg's local music scene a home. TOM ELVERS/SUBMITTED

Hot spot helps give musicians a home

The folks at the Good Will Social Club know a thing or two about making a scene.

With the number of local music venues dwindling in and around 2014 the city's local music scene was left in a tailspin searching for somewhere to play and hear live tunes — and that's when a group of musicians and others from the scene decided to take matters into their own hands.

The group set out to find a new space and the Good Will Social Club was born.

"We saw a void in the community with the Royal Albert and the Lo Pub closing, and thought that there needed to be a home for live music in this city," said Good Will's booking manager and part owner, David Schellenberg. "We saw bars like this — sort of a cafe, hangout spot near a university during the day and then shows at night — in

"...it's pretty great that the community has been able to support us and really get behind what we're about."

David Schellenberg, Good Will's booking manager and part owner

bigger cities and thought, why can't we do that in our own city?

"We got together and it snowballed from there."

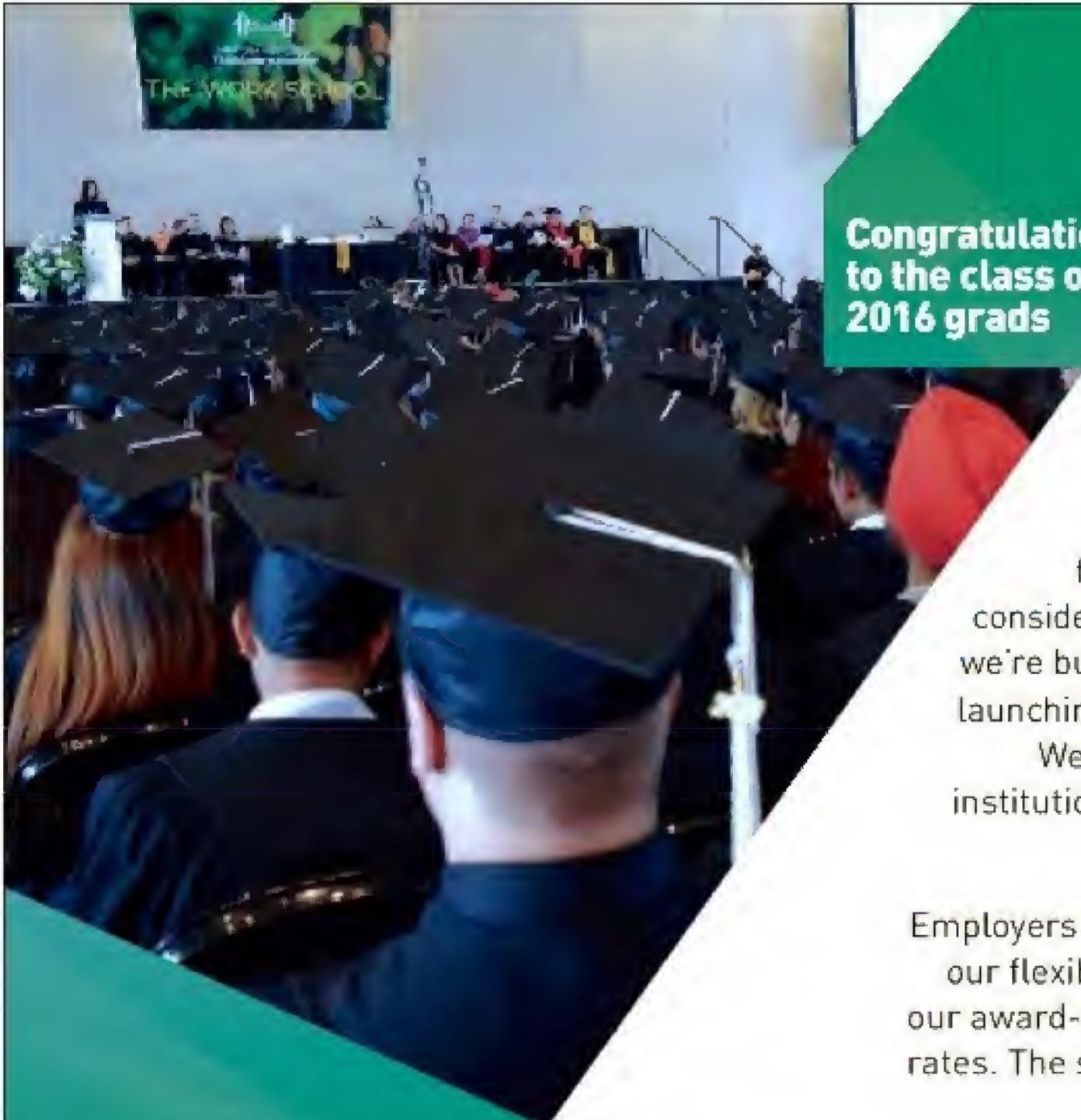
After picking out their location at 625 Portage Ave. (formerly Pop Soda's) and going ahead with some extensive renovations the Good Will officially opened Oct. 24, 2014.

Now, a year-and-a-half later, and with Winnipeg's local music

scene thriving again, Schellenberg is quick to point out other venues, like the Sherbrook Street's the Handsome Daughter, are just as much responsible for the revival.

In fact, instead of being rivals, Schellenberg said both bars work together to make sure their shows don't overlap and Winnipeg bands and performers have somewhere other than a basement to play.

"I've known those guys (at the Handsome Daughter) for a long time and worked with them when I worked at other venues," explained Schellenberg, who formerly booked talent at the Lo Pub. "I talk to Mischa (Decter), who books the Daughter, like everyday just to make sure that we're not stepping on each other's toes and both doing as much as we can to support one and other and the scene as a whole." SHANE GIBSON



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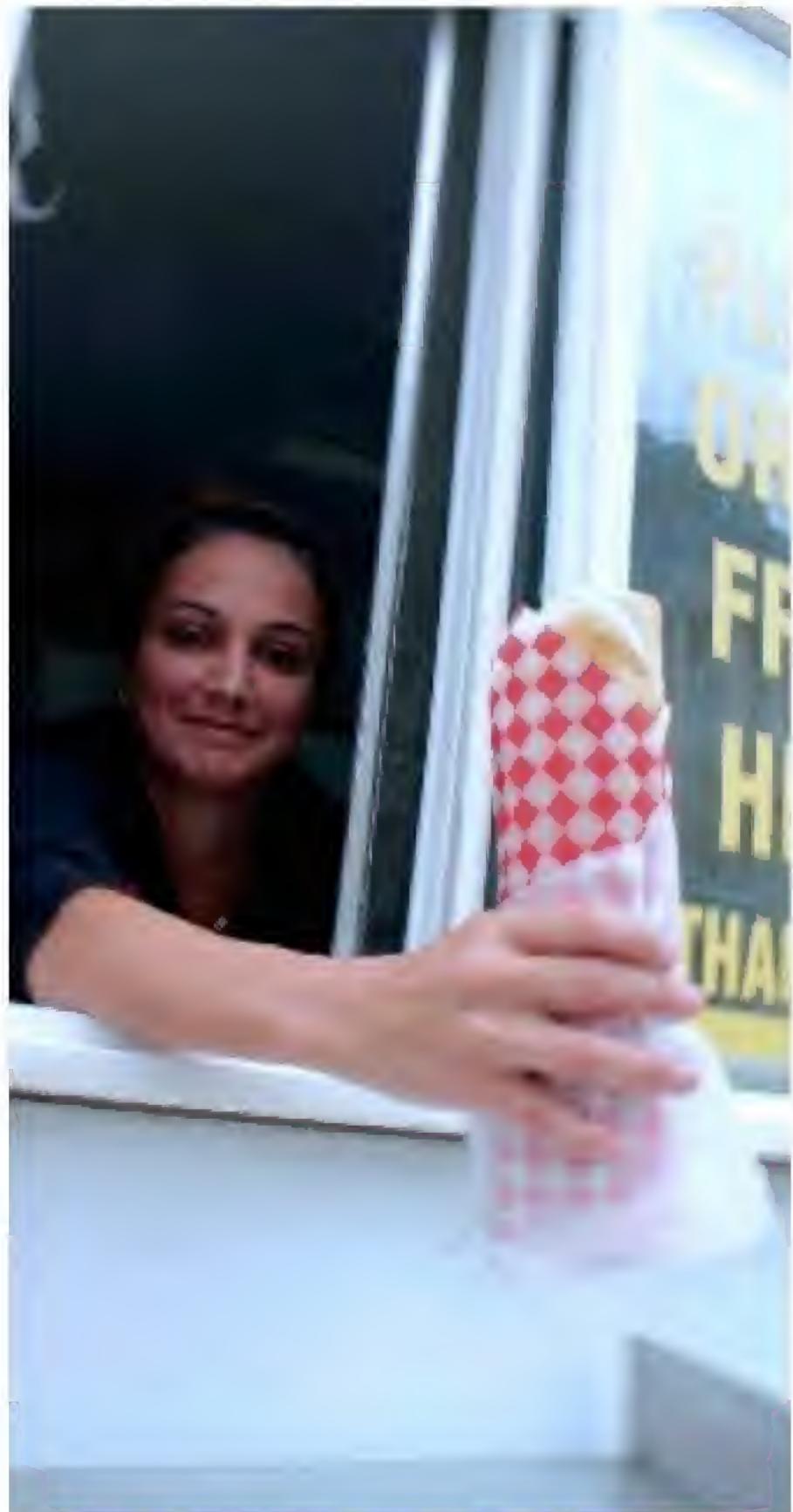
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Flourishing foodie faves



Falafel Queen food truck co-owner Jumana Zeid hands over a falafel wrap. SHANE GIBSON

GRAB A BITE!

Winnipeg is the place for all things food

By Shane Gibson

Whether it's heading out for a fancy dinner, grabbing a bite before the show, or picking up something from a food truck to scarf down on a street corner, Winnipeggers' taste buds can be tickled by an ever increasing list of trendy options from around the world.

"We're seeing a trend of more specialization, more independent restaurants, and people bringing unique things to Winnipeg," said Chad Falk, Manitoba Restaurant & Foodservices Association executive director. "The diversification in Winnipeg — and across the province as well — has grown dramatically in the last few years."

"I think our tastes are expanding, we want more options, and entrepreneurs see that opportunity."

While we may be a little late to the table — whether it's Ethiopian cuisine or Middle Eastern fare, larger Canadian cities have offered many of the unique tastes Winnipeg is now embracing — Falk is quick to say Winnipeg has one of the fastest growing restaurant industries in the country and expects more and more options are on the way.

"We've seen the coffee trend, the donut trend, different ethnic foods and specialties and it's been such a fantastic injection into the industry," he said. "I

can't see these trends slowing down anytime soon."

And it's not just restaurants and bars that are adjusting to Winnipegger's evolving tastes.

From the French cuisine offered at Beaujena's French Table, the Mediterranean menu at Falafel Queen or the authentic Trini offerings from Island Fusion, the city's food truck industry is responding as well, said Winnipeg Food Truck Alliance president Steffen Zinn.

"People's tastes have evolved so much," said Zinn, who owns The Red Ember food truck. "Winnipeg is always a little slow on the uptake, but we've seen what works well in other cities and are translating here for our own tastes."

Looking to try something new? Here's just a few of the delicious ethnic options to check out around the city.

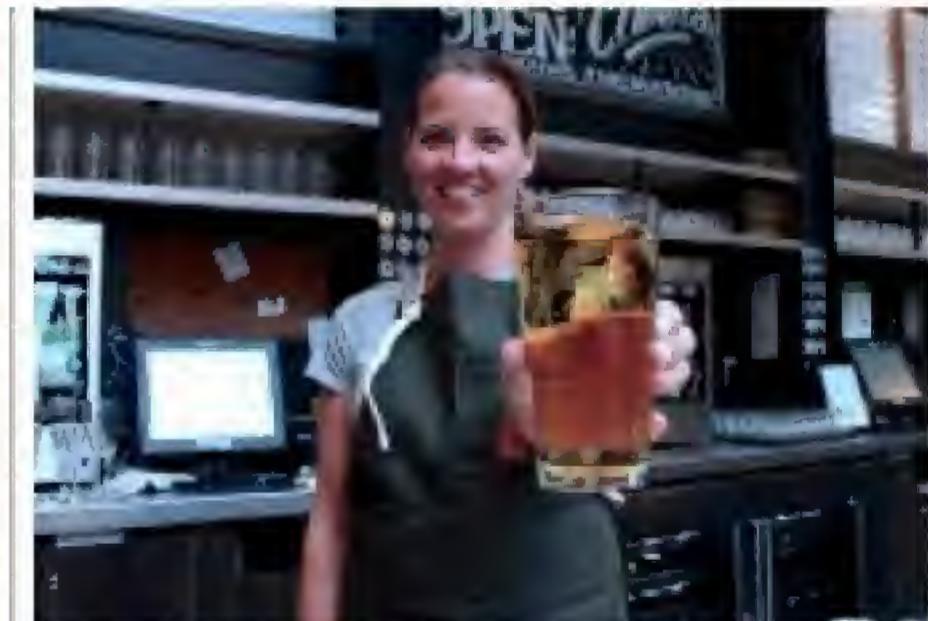
Magic Thai Restaurant, 842 Logan Avenue: It might look like a hole in the wall but this West End classic has the best red curry soup this side of Bangkok.

Buraku Pita Bakery & Mediterranean Deli, 1783 Main Street: Ever wonder why there's always a line up out the door over lunch at this place? Try their chicken shawarma wrap and wonder no more.

Ninho De Portugal, 934 Sherbrook Street: Tucked away in the back of a grocery store, this hidden gem boasts a delicious and well-priced take-out menu.

Kabob Palace, 595 Notre Dame: Persian/Iranian kabobs, stews and salads at their best.

Massawa Restaurant, 121 Osborne: You might wait a little longer for this Ethiopian menu, but it's definitely worth the wait.



Chrystle McIntosh, hospitality operations manager at The Commons, serves up a locally brewed craft beer. SHANE GIBSON

BREW NEWS

Craft beer explosion

Having the words 'beer' and 'explosion' together in the same sentence usually means something went horribly wrong at a party, but when it comes to describing what's happening in Winnipeg's craft beer scene, it's a beautiful combination of words.

And there's really no better way of describing it — Winnipeg is on the cusp of a massive craft beer explosion — and it's the good kind of massive beer explosion.

"What we see right now is only just the tip of the iceberg as to what's going to happen over the next little while," said Manitoba Brewers Association (MBA) president and Half Pints Brewery's brewmaster, Dave Rudge. "If only three quarters of the people that are planning to open in the next year-and-a-half open, that's going to be like eight to 10 breweries."

Considering Half Pints — which officially opened 10 years

ago to become just the province's second craft brewery — was the last brewers to start tapping in the province, the relative flood of locally brewed suds that's about to hit the local market is enough to get beer lovers more than a little buzzed.

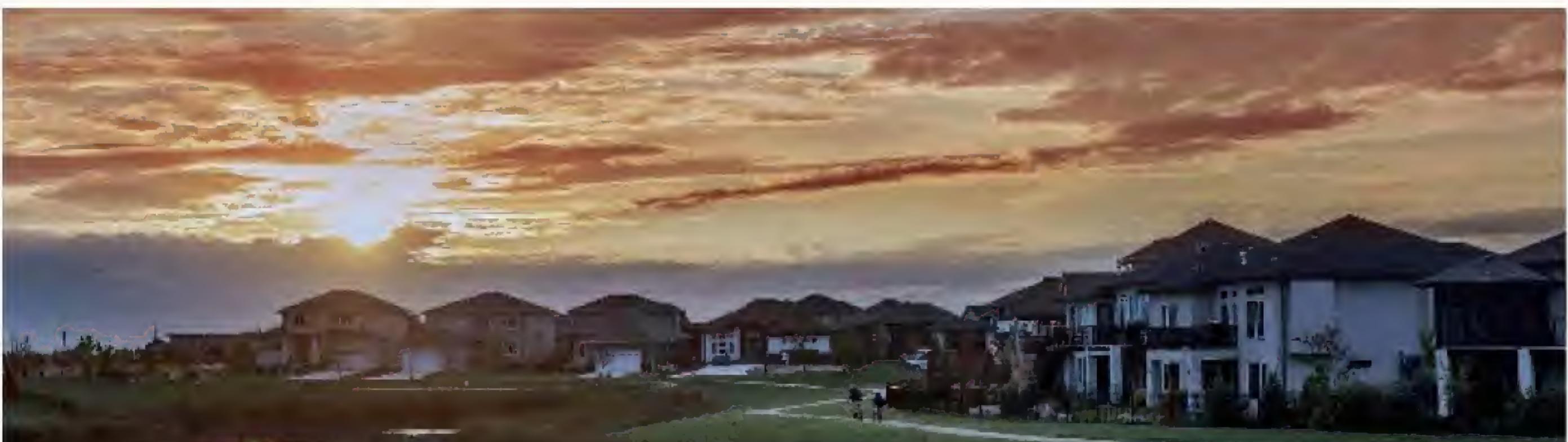
To put it in perspective, Rudge said in just eight months of existence the MBA has already gained 13 members, all of whom, he said, are serious about getting a brewery up and running.

Rudge said some of those members, like Barn Hammer Brewing Co., Farmery Estate Brewery, and Little Brown Jug Brewing Company, are either already brewing or just about to get going, while others are just in the beginning stages.

Either way, he said him and the folks at Fort Garry Brewing have been more than happy to share their knowledge with the up and comers.

"I guess technically in any other industry you'd be trying to keep secrets," he laughed. "But the way that craft brewers have always worked across North America is to have that nice open line of communication to help each other out."

SHANE GIBSON



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